

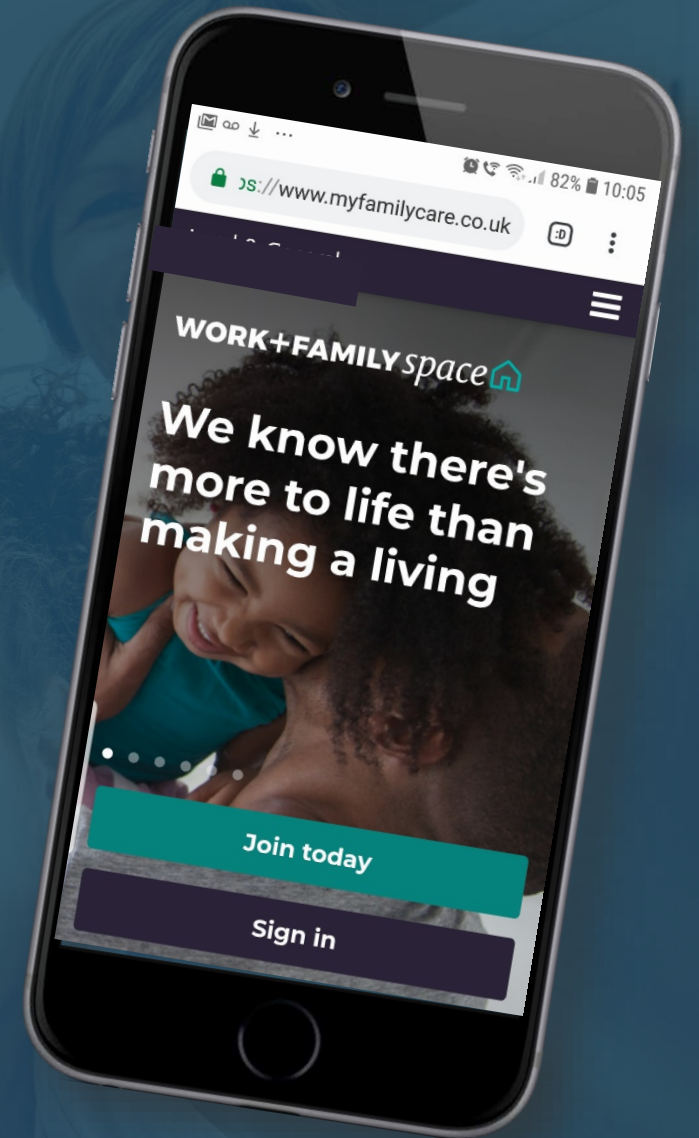
WORK+FAMILY SPACE



WORK+FAMILY SPACE

www.myfamilycare.co.uk/oxford
Have your SSO number and Employee ID handy

Or call us today on 0345 241 3506



WORK+FAMILY SPACE

Tell us about you and your family?

Select all the Life Stages that are relevant to you and your family, so that we can show you the most useful content and services

Your tailored dashboard provides services and content based on your Life Stages

My Life Stages	
Planning for Parenthood	+
The Early Years (0-3)	+
Pre-School	+
Primary School	+
11+ to Teens	+
Work+You	+
Ageing Parents	+
Eldercare	+
Managers	+

My Dashboard	
Benefit Overview	
My Details	▼
My Topics	

My Life Stages	
Planning for Parenthood	+
The Early Years (0-3)	✓
Pre-School	+
Primary School	✓
11+ to Teens	+
Work+You	✓
Ageing Parents	+
Eldercare	+
Managers	+

Speak to an Expert

Talk to our friendly team of experts

We're passionate about helping people make **work+family** work. Our straightforward, friendly and honest approach ensures you receive genuinely relevant advice.

- How it Works
- Our Experts
- Topics
- Arrange Call



Book your call

From questions about care to dealing with emotional, practical, parenting or work-related issues, our team of **work+family** experts are here to help.

Arrange a call



Webinars



Ongoing Childcare



Insider Guides

Services you can access

Back-up Care



Emergency Childcare



School Holiday Cover



Backup Adultcare



Backup Eldercare

Resources & Support



Speak to an Expert



Webinars



On Our Minds



Being a Dad



Insider Guides

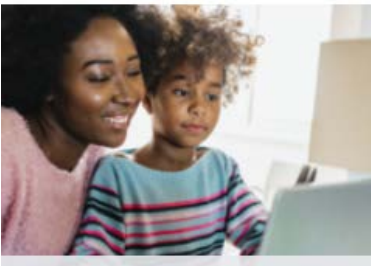
Additional Services



Ongoing Adultcare



Ongoing Childcare



Education Spotlight



Special Offers

Back-Up Care Network?

We provide the UK and Ireland's only comprehensive back-up childcare and adult dependant care solution

300+

Bright
Horizons
Nurseries

480+

Extended
Partner
Nurseries

500+

Out of School
Clubs and
Virtual Camp
Providers

7

In-Home
Childcare
Agencies -
Including BH at
Home & Tinies
nannies

340+

In-Home
Adult Care
Offices

To prepare for life's little emergencies, we recommend you complete all of your details in advance, and find out more about your options.

WORK+FAMILY SPACE

What back-up care is available now?



Emergency Childcare

- Virtual club sessions
 - Supplement home schooling and the after school routine
 - School Holiday Club sessions when your regular care is unavailable
- In-home support with nannies
- Nurseries
- Childminders



Backup Adultcare

- In-home support for yourself or a loved one
 - Recovering from an illness or operation
 - Need help getting to and from appointments or around the house



Backup Eldercare

- In-home support for an elderly loved one
 - Recovering from an illness or operation
 - Regular care provider is unavailable

Book online 24/7 or call 0345 241 5306

"This service fills a much needed niche for when all other avenues fail. The arrangements are easy and professional, and the two nannies we have used were exemplary."

I need practical support, what can I access?



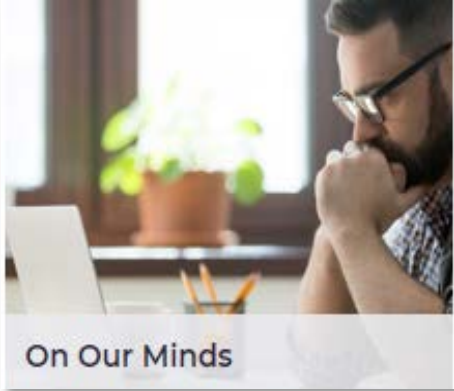
Speak to an Expert

"The expert contacted me immediately and was able to speak to me within a few hours of my request. She was extremely knowledgeable and gave me some great suggestions (which she followed up in an email). I will definitely use this service again if I need any advice."

- Help with the challenges of adult/elder care such as:
 - Getting help at home
 - How to find the right type of care
 - Benefits & support
 - Respite & care home information
- Challenges of combining work and family:
 - How to share responsibilities
 - Finding the best stress free routines for you and your children
 - Balancing parent, teacher, carer
- Making childcare choices:
 - Where to start looking and questions to ask
 - Childcare employment issues
 - Support with interviewing and employing a nanny

"It was simple and easy to use. Very quick turnaround and was in contact with an expert very quickly. It has helped me with my wellbeing as well my work/life balance."

I need practical support, what can I access?



A collection of news stories and other articles

- Search by Life Stages (Planning for Parenthood, Pre-School, Work+You, Eldercare, Ageing Parents)
- Select topics based on life stages (Activities for Kids, Communication at Home, Being a Carer, Dementia, Flexible Working)



Practical and interactive events

- Join live sessions throughout the year on varying topics (Worklife Balance, Wellbeing, Childcare, Eldercare)
- All sessions available On Demand – download and listen or share with family & friends (Working Through Covid, Infertility & Miscarriage, Understanding Anxiety)

I need practical support, what can I access?



Education Spotlight

Exclusive offers and education content from our educational partners

- Tutoring and education content based from Key Stage 1 through to support for University entrance exams
- Courses and tuition available in Maths, Science, English and many more as well as life skills that promote social and emotional wellbeing



Ongoing Adultcare

Care Choices – Expert help in your search for permanent childcare or eldercare

- Helping you find the right type of regular care with the provider that's right for you
- High level, personalised service with a Care Choices consultant
 - How to choose the right care
 - Support navigating the care maze
 - Explanations with benefits and tax support
 - Video or telephone consultations at a time convenient to you



Ongoing Childcare

Education Spotlight

- **Exclusive Content** to support employees' children
- **Experts** in supporting success in school for all ages, from preschool through high school
- **Online** academic and test tutoring, in private and small group formats
- **Enhanced discounts**, with a range of price points



- A free In-Depth Assessment, plus first three weeks tuition free
- Math's & English tutoring from as little as £21 for the whole family
- Exclusive 20% discount at Role Models, both online or offline
- Inspiring a generation of young people to be the best version of themselves
- Get a £15 discount off your first tutorial at MyTutor
- Choose from over 30 subjects to keep your child learning from home
- Waived membership fee (£150) and a free initial consultation

Join Today

www.myfamilycare.co.uk/oxford

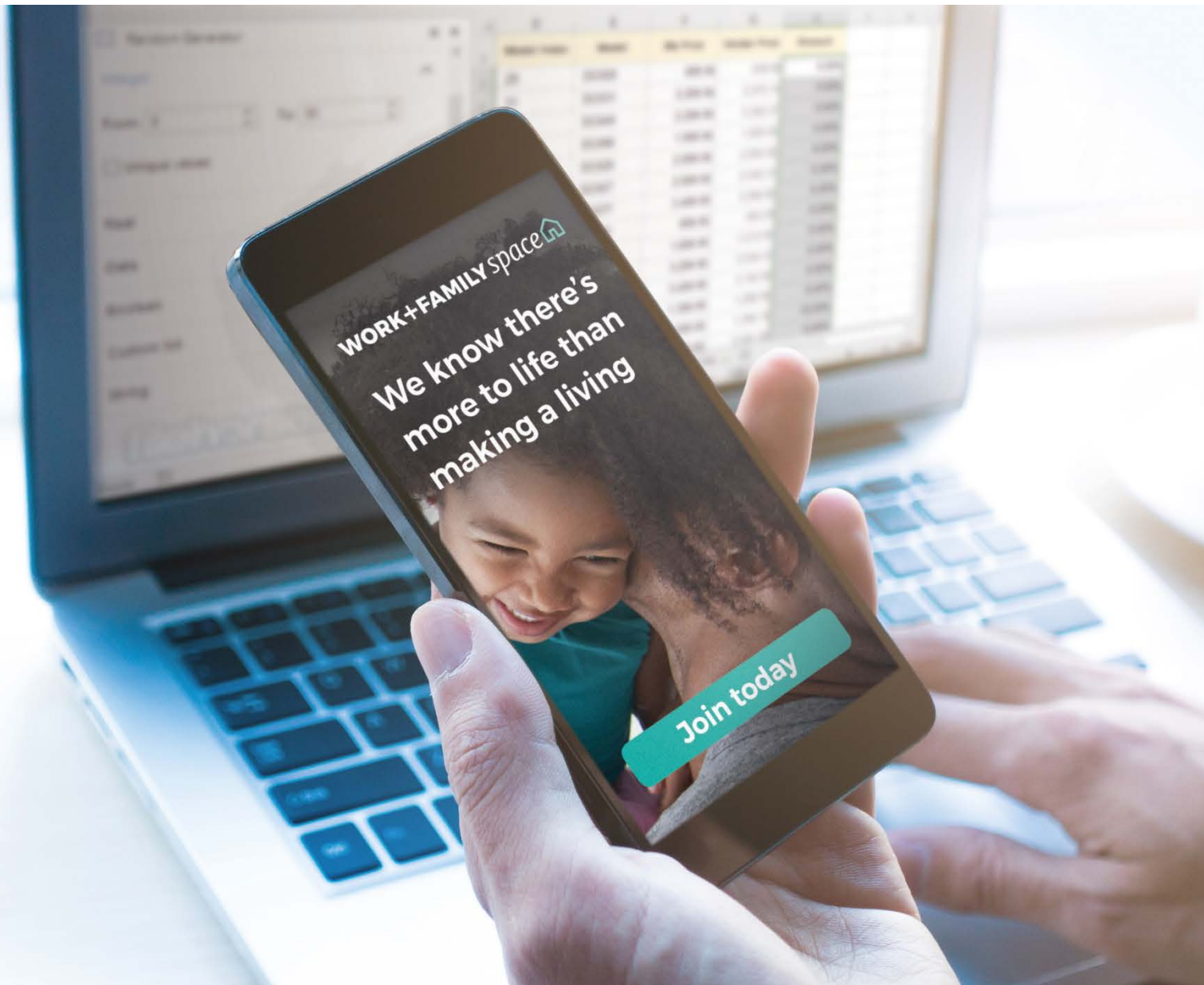
Have your SSO number and Employee ID handy; you'll need it to register.

You can book any time online or via our App – just search for '**BUC Booker**'



Contact us:

0345 241 5306



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