

# WORK + FAMILY space



for **University of Oxford** employees

[www.myfamilycare.co.uk/oxford](http://www.myfamilycare.co.uk/oxford)

# A little about My Family Care

In a nutshell, we're about making work+family work...



**Work v Family**  
*A negative and stressful relationship*

**Work + Family**  
*A positive and successful relationship*



# University of Oxford employees

**Register to the Work+Family Space to access a range of services for working parents and carers:**

- **Knowledge Centre**

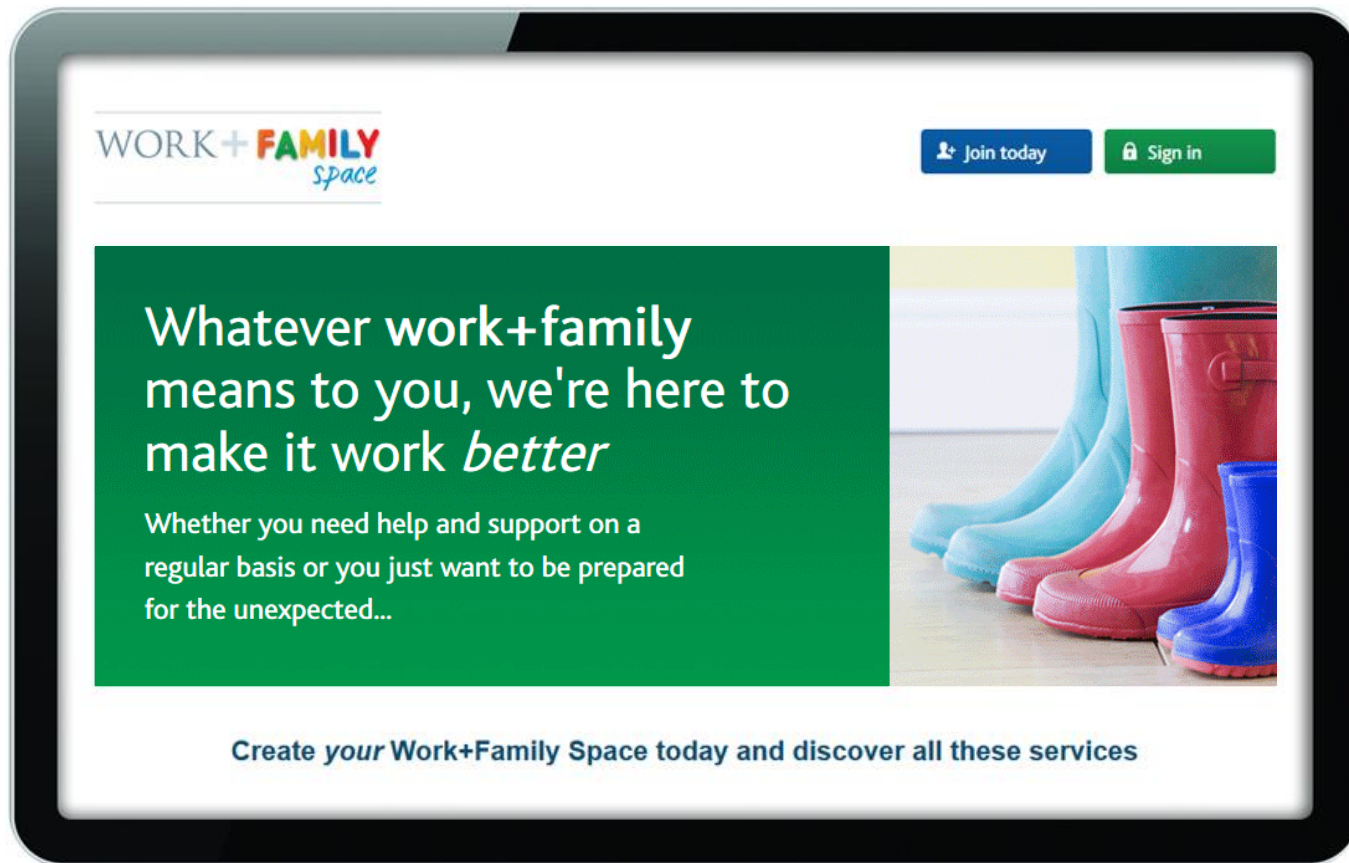
Speak to an Expert, Webinars, Insider Guides,  
On Our Minds, Being a Dad

- **Access to Backup Care**

Emergency Childcare, School Holiday Cover, Backup Adult & Eldercare

You will need your SSO number and Employee ID in order to verify you as an employee of the University









# All accessed via *your* Work+Family Space











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# 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

	Planning for Parenthood	
	The Early Years (0-3)	
	Pre-School	
	Primary School	

	11+ to Teens	
	My Care	
	Ageing Parents	
	Eldercare	



# Your tailored Dashboard

Our services and content is prioritised based on your Life Stages

**My Dashboard**

- Benefit Overview
- My Details
- My Children
- My Topics

**My Life Stages**

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

**Emergency Childcare**

**Be prepared for life's little emergencies**

Book an emergency nanny, nursery or childminder across the country with as little as 2 hours' notice.

Nannies Nurseries  
Childminders How to Book


**Book childcare**

Whichever backup childcare option you choose, it all starts with a simple search:


All childcare

Enter postcode


Search



Speak to an Expert



Webinars



Backup Adultcare

**My Dashboard**

- Benefit Overview
- My Details
- My Dependents
- My Topics

**My Life Stages**

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

**Backup Eldercare**

**Care for your adult dependents**


More and more of us nowadays are responsible for the care of elderly relatives. We can provide a qualified and sensitive domiciliary home carer when your normal arrangements have let you down.

Home Carers When We're Used  
How to Book


**Arranging care**

Home carers are sourced via trusted care agencies nationwide. Please call us first so that we can better understand your family's eldercare needs.


**0845 676 7690**



Webinars



Speak to an Expert



Backup Adultcare



# Knowledge Centre

You'll find many resources in the Knowledge Centre, including:

- Speak to an Expert
- Webinars
- Insider Guides
- On Our Minds
- Being a Dad
- FAQs for Backup Care





# Insider Guides & On our Minds

## Insider Guides

- Stress v Pressure
- Domestic Bliss
- Childcare Choices
- Raising Families in the Digital Age
- Introducing a new sibling
- How to talk so children will listen
- Helping your parents age positively
- Making decisions about care
- Paying for care
- Power of Attorney

## On Our Minds

- Building & Strengthening relationships
- Keeping work in work hours
- Changing Identities
- Eldercare & Guilt
- Praise & recognition
- Coexisting with a teenager
- Juggling priorities as parents
- The Birds & Bees
- Beating exam stress



# Speak to an Expert

**Our friendly experts are here to help with your work+family challenges...**

- Flexible working issues
- Adult and eldercare challenges
- Combining work and family
- Being a good parent
- Child development... and more



# Speak to an Expert

“I have been jointly looking after 2 children with my ex, the last year has been really hard, she is saying they don't want to come, is there someone I can talk to about understanding my rights as a father?”

“Do you have anything on the latest **recommendations for e-safety**? My 10-year-old starts secondary school in September, will need a smartphone for the bus and I'm really not clued up about the latest fads or what she's likely to be exposed to, what I should watch out for etc.”

“I would like some advice of **sleeping issues** for my 9 yr old. past year seems to suffer with anxiety, not sleeping and wondered whether to speak with a sleeping consultant/specialist? It's having an impact on quality of family life. Thanks”

“My mother has the early onset of Alzheimer's. I have moved from abroad to London in order to live with her and support her. We are finding it difficult balancing work and life.”

“My mother is currently in Intermediary care following a second operation on her broken leg. She is 83, my father is 86 - they live at home, but she has now been in hospital (5 weeks) and intermediary care (3-4 weeks). I am concerned that she is going backwards and would like to speak to someone about options for full time home care, and in worst case scenario residential care for both her and my father (they will want to be together)”

# Being a Dad

Helping dads make the most of fatherhood...

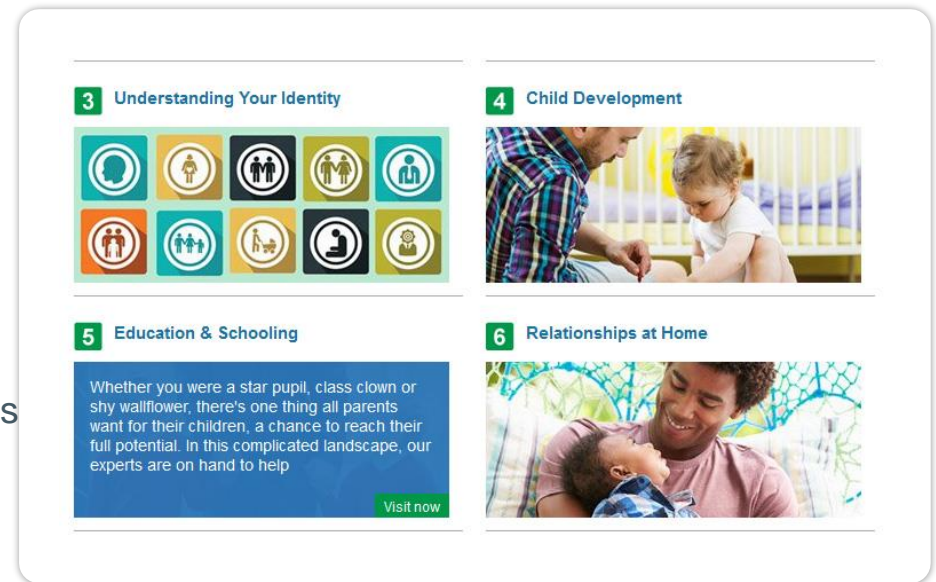
A series of questions and answers, plus quarterly webinars, exploring parenthood, and successfully combining **work+family**, from the perspective of dads

Examples of webinars:

*Praise & Rewards: Toddlers to Teens*

*Breadwinner or Stay-at-Home?:  
Dynamic Roles and Identities*

*Becoming a Dad*



# Webinars

## Access regular webinars and archived recordings

- A range of **work+family** topics
- Register directly through the Work+Family Space

### Examples of Webinars:

*Raising Families in the Digital Age*

*Choosing Schools: What, When, Why?*

*Stress v Pressure at Work and Home*

*Resilience for Carers*



# Backup Care

- **Emergency Childcare**
  - 1,450+ Ofsted-registered nurseries
  - 2,000+ Ofsted-registered childminders
  - Hundreds of high-calibre, fully vetted nannies
- **School Holiday Cover**
  - 500+ fun packed holiday clubs
- **Backup Adult & Eldercare**
  - Book fully regulated domiciliary care



# Accessing our Backup Care services

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

### My Children's Details

30% Complete

Edit

Please have your **SSO number and Employee ID** handy, you'll need it to register to the Work+Family Space

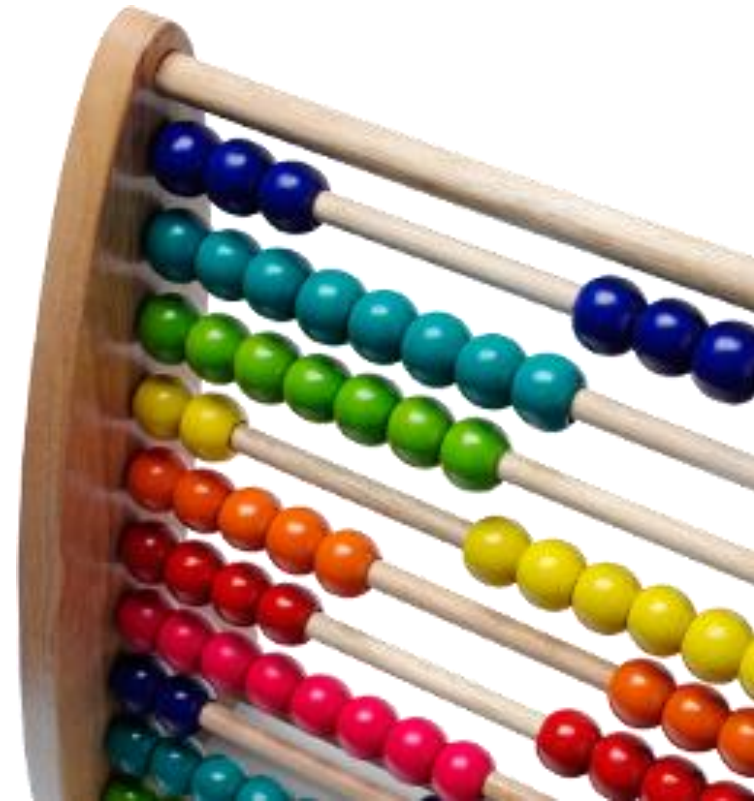




# Emergency Childcare

**Access last minute nannies, nurseries, and childminders nationwide**

- **98%** booking success rate
- **Book online 24/7** or by telephone on 0845 676 7690
- Backup Care team is available **7:30am to 7:00pm**, Monday to Friday (excluding Bank Holidays)
- Online requests made outside office hours picked up next working day.



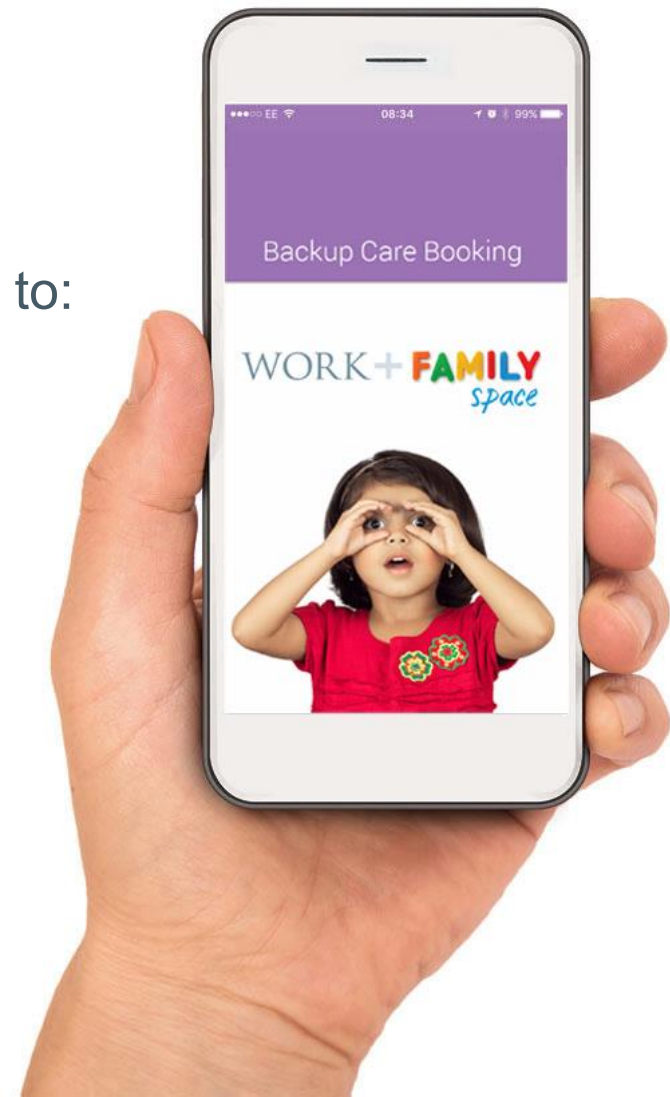


# BUC Booker

**We've just made booking Backup Care even easier.**

Search for 'BUC Booker' in your app store to download our new free app, where you'll be able to:

- Find care near you, on the go
- Book care in an instant
- Store your favourites
- Add information for carers
- Review and amend your booking



# Emergency Childcare: Booking options

- **Nannies** - exclusive relationship with **Tinies Childcare**, the UK's largest nanny agency. We only source the highest quality nannies with rigorous checks in place
- **Nurseries** - over 1,450 Ofsted-registered nurseries
- **Childminders** - over 2,000 all regulated by Ofsted or equivalent supervisory body
- ***Recommend a new provider*** - let us know their details, and we'll approach and sign them up, subject to our checks

☐ Search whole site ☒ Search & book backup care

All backup care ▼

Postcode

Search 🔍

# School Holiday Cover

**Ideal for filling those awkward care gaps during the school holidays**

- Search for and book with over 500 fun-packed holiday clubs
- Large chains are registered, plus lots of smaller clubs
- Recommend that your preferred holiday club signs up



# Backup Adult & Eldercare

**Book domiciliary care for an adult dependent, or even yourself**

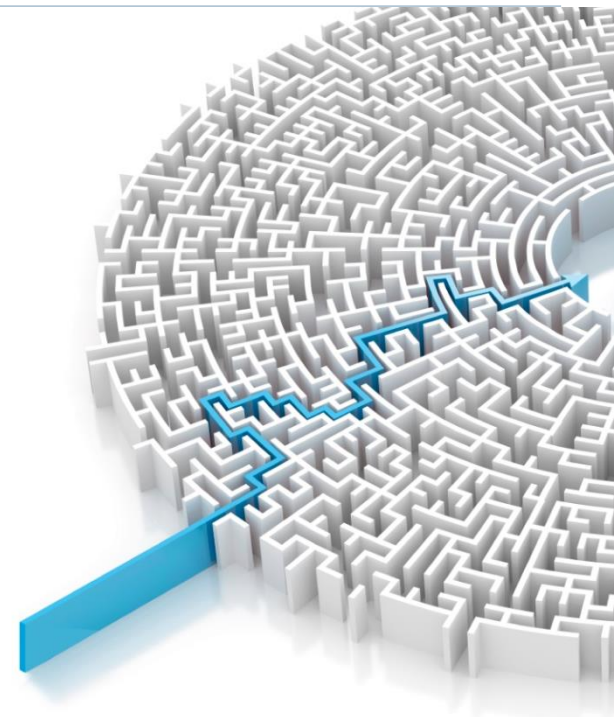
- **Pre-registration is essential**
- Flexible benefit can be used for any adult dependent
- Reputable homecare agencies regulated by the Care Quality Commission (CQC)
- Quick turnaround - a mandatory home assessment can usually be arranged within two working days



# Care Search

## Expert one-to-one help to find YOUR ideal long term care solution

- For childcare speak to Oxford University Childcare Services first
- Consult with childcare or eldercare experts
- Your dedicated consultant will take the time to understand your needs
- We conduct a thorough search for childcare or eldercare, or help you recruit
- We'll save you time and stress
- Receive ongoing support from your consultant over telephone and email



# Comments on Backup Care

"It was a great relief to be able to find childcare at very short notice, and to know the people involved were professionals and so my children would be well cared for."

University Lecturer using Backup Care

"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."

University Lecturer using Backup Care

" Really convenient emergency child care - would definitely use it again."

University employee using Backup Care

"Without My Family Care I would have missed the vital meeting"

Corporate employee using Backup Care

# WORK + FAMILY *space*

Thank You

We look forward to helping you make **work+family** work

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