



# WORK+FAMILY

**We know 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.

[myfamilycare.co.uk/oxford](https://myfamilycare.co.uk/oxford)



**WORK+FAMILY** space 



## Let's make work+family work better for you

Juggling the demands of work and family can be a little tricky when you're a working parent or carer – We're here to help.

Through your University of Oxford Work+Family Space, you can access all our services and resources that are designed to help make your life run a little more smoothly.

Our aim is to provide the practical support, resources and information that you need to help you be better informed, solve a care crisis, or just feel more positively about the challenges you face.

## Read, watch, share, listen & ask



Your University of Oxford Work+Family Space is much more than a place to book care. We also have a wealth of help and support available for all life stages.

Our **Insider Guides**, real life experience **Blogs**, and **Webinars** provide insights and guidance through coaching tools, expert advice and workable tips for the best way forward.

From questions about care, to dealing with emotional, practical, parenting or work-related issues, our **Speak to an Expert** team are here to help. Simply complete a short form on your University of Oxford Work+Family Space and have an expert call you at a suitable time.



Especially to help working fathers get to grips with things, our **Being a Dad** resource is here to provide a unique perspective and support to manage life's challenges as a working dad.

Or if you're just looking for answers to some of the most popular questions asked, visit our **Frequently Asked Questions** for all you need to know about Backup Care, bookings and cancellations.

**Join Today: [myfamilycare.co.uk/oxford](https://myfamilycare.co.uk/oxford)**

## Experiencing a care crisis? We can help you solve it in a matter of minutes



We all know that carers get sick, nurseries close sometimes, or an unexpected personal injury means you may need extra support. You now can book **nannies, nurseries, holiday clubs, childminders, and/or adult or eldercare specialists** when and where you need them.

Depending on the type of care, we can have it in place with as little as half an hour's notice. It only takes a couple of minutes to make a **Backup Care** booking via our Backup Care app – just search for 'BUC Booker'. You can also book over the phone, or via your Work+Family Space.

*"This is an incredible benefit. It worked brilliantly and allowed me to carry on working when otherwise I would have really struggled to get childcare in place."*

– Manager & parent of two young children

*"This benefit allows me to be able to assist in the care for my elderly and ill parent, and avoids me needing to take time off to provide this care myself."*

– VP & carer for elderly parent

*"Really helpful to speak to a friendly advisor who could give me compassionate expert advice at such a difficult time, especially when I was navigating such an unknown area. Thank you!"*

– Employee after using Speak to an Expert

**Speak to our team on: 0345 241 5306**

# Join today

It's easy, just go to **myfamilycare.co.uk/oxford** and click on '**Join today**'.

Because we only want to share things that matter to you, we ask you to tell us a little bit about your interests and family. This way we won't add to your probably already cluttered life. And maybe we can save you a bit of time too. You'll find we take a positive, honest and intelligent approach, we certainly try!

If you have any questions, feedback or would like to know more, just get in touch.

**Our team is available Monday – Friday  
7:30am to 7:00pm**

**Email:   oxford@myfamilycare.co.uk**

**Call:      0345 241 5306**