

# Childcare & Carers Support



All staff working for East & North Herts NHS Trust have access to the Care & Benefits Co-ordinator who can provide support to staff with childcare and carer responsibilities.

## Support for Working Parents

- Help in finding childcare
- Childcare and carer options
- Funding/tax credits
- Carer/special leave
- Flexible Working
- Maternity Leave
- Parental/Paternity Leave
- Information Events
- Maternity Briefings

## Support for Working Carers

Being a carer can sometimes feel lonely, isolating and/or tiring and it can affect men and women alike. Sometimes you might just need someone to talk to. Although talking can't always solve problems, it can help relieve feelings of stress and sometimes make it possible for you to find a solution.

- Flexible Working
- Carers Leave Policy
- Signposting to external expert organisations

## Paying for Childcare

- Childcare Vouchers – recognised method of paying for a wide range of registered childcare for children aged up to 16. Childcare vouchers are non-taxable and exempt from National Insurance contributions therefore help to reduce the cost of registered childcare. This is a salary sacrifice scheme.
- NHS subsidy at Sycamore Day Nursery, QEII Hospital (subject to availability)
- Nursery Flexible Benefits Scheme - employees using Sycamore Day Nursery are able to save Tax and NI on the whole cost of their nursery fees with this salary sacrifice scheme.
- List of local nurseries offering NHS staff a discount.
- Local Playscheme, Breakfast & After School Club discounts.

## Childcare Facilities

### QEII Hospital - Sycamore Day Nursery

- NHS discounted fee rate
- Subsidised places for Trust staff
- From 6 weeks to 5 years old
- Full time or sessional places
- Opening times 7.30am to 6.30pm
- Outstanding Ofsted rating

To arrange a visit or for further information Tel: 01707 326001 or email [sycamore.nursery@childbase.com](mailto:sycamore.nursery@childbase.com)

### Mount Vernon Hospital - Day Nursery

- From 3 months to 5 years old
- NHS discounted fee rate
- Opening times 7.30am to 6pm

To arrange a visit or for further information Tel: 01923 844141 or email [mountvernon@brighthorizons.com](mailto:mountvernon@brighthorizons.com)

## Emergency Childcare

Unexpected meeting, provider sick, school/nursery closed; employees who register for emergency childcare through childcare voucher provider, Computershare (whether they take vouchers or not) are eligible for a 25% discount. Parents can search for and book last minute **nannies, nurseries & childminders**; online 24/7, phone from 7.30am, with as little as 30 minutes notice or up to 3 months in advance.