Carers Week 2019
10th - 16th June

Whatever WORK+FAMILY means to you, we’re here to make it better.

Your University of Oxford Work+Family Space has services that work for you:

- **Book** Back-up Care for children, dependant adults or even yourself.
- **Insider Guides** and resources sign-posts on a huge range of topics, from keeping your mind active as you get older, to making decisions about care.
- **Our Webinars** can guide you on everything from preparing to care, to helping your parents age positively.
- **Join our upcoming webinar** “Prepare to Care: Navigating the Care Maze” on 13 June 2019.
- **Speak to an Expert** to voice questions about care, emotional or practical issues.

Go to: www.admin.ox.ac.uk/personnel/staffinfo/benefits/family/mfc