



ALICE WOODWARD

PARENTS AND CARERS NETWORK EXEC SPONSOR AND
MANAGING DIRECTOR MITIE COMMUNITIES

Why is Parent and Carers month important?

It's great to put the spotlight on our Mitie Parents and Carers and to celebrate their amazing contributions at home and at work. They're all heroes to Mitie, and to their families and loved ones. Parents and Carers month gives us an opportunity to listen to their stories, applaud their work, and talk about how we can better support them.

Why did you get involved with the Parents and Carers Network?

I'm a mum of three, and a carer for my husband - supporting him so that he can live a full life with epilepsy. I've felt the rewards and the problems as a parent/carer and having a job. I love the role of the Parent and Carer Network is supporting this community and helping Mitie Parents and Carers to lead rewarding, balanced lives.

What are some of the key issues Parents & Carers face?

Visibility - it can be hard to talk about our caring or parental responsibilities. I've felt embarrassed talking about these things -even though I know I shouldn't. It's important that we make this topic something we can discuss honestly without worry. Finding help or support is often about finding the right person to talk to!

Everyone who is a parent or a carer is juggling lots of things and finding balance can be tough. I know if I don't have a balance, I get tired and stressed, but there are some practical ways of finding balance - including feeling supported.

What is Mitie's role in supporting Parents and Carers?

So many people have caring or parental responsibilities. For Mitie to be a great employer, we need to be great at supporting parents and carers at work. it's one of the most effective ways to make our world a better place. When we're happy and supported at work, we do well; our families and those that we look after also do well. It's a no-brainer.

What is your experience of having caring / parenting responsibilities at Mitie?

I love having a job and also a family who need my support, but it can be challenging to meet my commitment. I often need to think through how I fit everything into a day. I know that I feel happier managing this challenge when I'm able to talk to those around me - both at work and at home - and I really do think talking about these things makes all the difference. Reach out to someone and have a chat!

Any podcast or book recommendations for parents or carers?

I like The Parenting Book by Nicky and Sila Lee - they are so sensible, and put things into perspective. It's not about being perfect!

