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Why is Parent and Carers month important?

Being a parent or a carer is rewarding and challenging. Covid helped us see the challenges for working parents and carers. It also enabled us to be honest about how tough it can be juggling these really important roles. Parents and Carers month raises awareness of these realities for working parents and carers face, so we can better support their daily lives.

What attracted you to join the Parents and Carers Network?

I felt I could add real value to the Parents and Carers Network through my personal experience as a career-driven working parent over the past 28 years. I started at Mitie over 18½ years ago with two children, and then had two more while progressing my career. I've managed small and large teams, including significant travel throughout the UK.

What are some of the key issues parents and carers face?

The UK's current economic situation, together with the rising costs of utilities and food are making it tough for parents to manage their finances. Many colleagues do not share that they have unpaid carer responsibilities, despite the major challenges of balancing this with work.

What is Mitie's role in supporting parents and carers?

Mitie needs to ensure it has the right policies and procedures that support working parents and carers, and the training and tools for Line Managers to properly support and manage their team members with parenting or caring responsibilities.

Any advice you'd give parents or carers who are struggling?

If you need advice or support, talk to someone in the business - preferably your Line Manager. We know at times it's hard to ask for help - that's why the Parents and Carers Network provides a safe space for you, with advice, guidance and support. You can also contact our Employee Assistance Partner on mitiepeople.com, which supplies confidential support 24/7.

