

free

legal advice for working parents

0300 012 0312

www.workingfamilies.org.uk



Working Families' free legal helpline offers parents and carers confidential legal and practical advice on:

- Your right to request flexible working including negotiating family-friendly hours
- Maternity and paternity leave and pay; shared parental leave
- Maternity discrimination
- Time off for family emergencies
- Parental leave
- In-work benefits



free helpline **0300 012 0312**

email advice@workingfamilies.org.uk

advice at www.workingfamilies.org.uk



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working families

changing the way we live and work



waving
not drowning

Working Families' support network and advice service for working carers and parents of disabled children

- **Free newsletter** – read news, reviews, other parents' and carers' experiences and tell us your campaigning priorities
- **Monthly e-bulletin** – up to the minute news and information about events, publications and changes in regulations
- **Advice** – about your rights in the workplace and where to look for childcare

www.workingfamilies.org.uk



Contact Waving *not* drowning on **020 7017 0072**, email janet.mearns@workingfamilies.org.uk or return the form below to Waving *not* drowning, Working Families, FREEPOST RTGE-HBJH-CKHB, 1 Addington Square, London SE5 0HF



Name: Tel: (H)

Address: Tel: (M)

..... Postcode:

Email:

I would like the Waving *not* drowning newsletter by email by post

I am a parent/carer I have a professional interest - Job title/Organisation:

I would like to hear about media requests for interviewees or programme participants