

## Getting the support you need as a parent: Groups and Organisations Employment – Back Into work and training

### Is there any support?

Getting back into work can be hard. Spending less time with your children, feeling unsure about your ability to do a job, or just facing something new.

There are a lot of ways to get back into work and training, through local teaching courses, mature students, or through local council/government schemes.

You can get financial and practical help with childcare from tax credits to flexible working arrangements.

### There's lots of support available to make your life easier:

- **Early years education**
- **Flexible working/time off**
- **Job grant**
- **Child maintenance bonus and premium**
- **Lone parent programmes**

### Useful contacts

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#### Learning and training

Learndirect offers hundreds of courses and runs a network of learning centres  
Freephone: 0800 100 900 8am – 10pm 7 days a week  
[www.learndirect.co.uk](http://www.learndirect.co.uk)

**Stanmore:** [www.stanmore.ac.uk](http://www.stanmore.ac.uk)

**Harrow:** [www.harrow.ac.uk](http://www.harrow.ac.uk)

Contact the Families Information Service on 020 8416 8416 for details of Training Bursaries for people who live or work in Harrow who are undertaking relevant childcare courses.

#### Looking for work

Jobcentres in Harrow:  
Kings House, Clarendon Road, Harrow HA1 1YJ  
Tel: 020 8426 3000

or

12 Station Road, Harrow HA1 2UD  
Tel: 020 8426 3000  
[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

Meeting new deal for Lone Parents – A programme for lone parents who are interested in working.

Freephone: 0800 868 868 or for Harrow Local New Deal Lone Parent Advisers call the above numbers.  
National website: [www.newdeal.gov.uk](http://www.newdeal.gov.uk)

Jobseekers Direct – A Jobcentre Plus service where you can search for and apply for jobs by phone.  
Tel: 0845 6060 234  
[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

#### Job Centre Claims Processing Centre:

Belfast Benefit Delivery Centre  
Plaza Building  
31-41 Chichester Street  
Belfast  
BT1 4JF  
Tel: 0845 608 8770

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### Self employment

Business Link

Business Link connects you to all the business support you need, from getting a business idea together through to successful trading

Tel: 0845 600 9006

[www.businesslink.gov.uk](http://www.businesslink.gov.uk)

### Working parents

Department of Trade and Industry provides information on the support available to working parents. For information on Individual cases call the ACAS Helpline: 08457 474747

### Parents at Work

A charity which supports parents' employment rights and helps parents to balance work and family

Helpline: 0800 013 0313

Tel: 020 7253 7243

[www.parentsatwork.org.uk](http://www.parentsatwork.org.uk)

### Parent Direct

Free service providing parents in Harrow with information on:

Flexible working:

Tel: 020 8861 5609

<http://harrow.parentdirect.org.uk>

### Working Families

1-3 Berry Street

London

ECTV OAA

A charity that provides information and support to working parents including free legal advice on employment issues

Tel: 020 7253 7242

Fax: 020 7253 6253

Email: [Office@workingfamilies.org.uk](mailto:Office@workingfamilies.org.uk)

[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

### Childcare

Children's Information Services

Tel: 020 8861 5609

[www.harrow.gov.uk/cis](http://www.harrow.gov.uk/cis)

### Debt/financial advice

Harrow Citizens Advice Bureau

Tel: 0870 126 4460 (Monday to Saturday: 10am -1pm

Closed Wednesday)

National website: [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

### Parent Direct

Free service providing parents in Harrow with information on:

Financial Issues:

Tel: 020 8416 8416

<http://harrow.parentdirect.org.uk>

Consumer Credit Counselling Service

A charity that offers free help and advice for people with financial problems

Freephone helpline: 0800 138 1111

[www.cccs.co.uk](http://www.cccs.co.uk)

National Debtline

A national helpline that provides free, confidential and independent advice on how to deal with debt problems

Freephone: 0808 808 4000

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

### Inland revenue

Tax credit helpline

For information on Child Tax Credit and Working Tax Credit

Tel: 0845 300 3900

[www.inlandrevenue.gov.uk/taxcredits](http://www.inlandrevenue.gov.uk/taxcredits)

Child Benefit Helpline

For help and advice with Child Benefit claims

Tel: 0845 302 1444

[www.inlandrevenue.gov.uk/childbenefit](http://www.inlandrevenue.gov.uk/childbenefit)

