



UCL PACT (Parents And Carers Together) Network



‘UCL acknowledges that its staff are most productive when they have achieved a work-life balance that enables them to meet their responsibilities outside work’

www.ucl.ac.uk/hr/docs/work_life_balance.php

What is UCL's PACT?

Parents and Carers Together (PACT) is a social network that aims to support UCL staff members who are balancing ongoing caring responsibilities with work. It is a peer support group led by network members for members so new ideas and activities are always welcomed and encouraged.

Who is PACT for?

PACT is for mothers and fathers, new parents and old hands, grandparents with caring responsibilities, carers for parents, carers for spouses and parents of disabled children; in short, anyone with caring responsibilities for children or adults that impact in some way on their working life. The network is open to all staff groups - academics, researchers, teaching staff, technicians and professional services staff.

What issues will PACT address?

Issues commonly facing parents and carers include: part-time working, flexible working, techniques and strategies for communicating with colleagues and/or managers, dealing with discrimination and stereotypes, managing expectations of other staff, challenging inappropriate comments, emerging technology and its impact and benefits, issues for

international staff and others with little extended family support who need support in establishing a work-life balance.

What does PACT do?

PACT aims to provide a supportive environment for letting off steam, asking for help, dealing with issues, a sounding board, and informal advice.

PACT seeks to raise awareness of UCL policies that support parents and carers and open up discussion about the issues facing parents and carers working in academia.

How will PACT support parents and carers?

PACT aims to be responsive to its members' needs: we run informal monthly lunchtime 'drop in' sessions for parents and carers to meet and swap stories, tips and strategies in a supportive atmosphere.

There is also an online forum so tips and strategies can be exchanged virtually. If you would like to join, search for 'UCL Parents And Carers Together' on Moodle or email equalities@ucl.ac.uk for further information.

Co-chairs of PACT

Madiha Sajid



I work in the Epidemiology Department at UCL. I co-ordinate teaching and research activities for the MSc Health Psychology.

I have a 9 year old daughter who is a keen piano player and an enthusiastic swimmer.

Juggling between a full time job and childcare means that I welcome all the support that I can get from within and outside UCL. This is why we have decided to set up a forum for all staff members at UCL who have caring responsibilities so that we can come together and support each other.

Jawwad Darr



I am a Professor of Materials Chemistry at UCL Chemistry Department. As well as being a full time academic with a research group of over 16 people, I try to balance my time for my family and volunteering work. Like many people, I have struggled to achieve a sensible work-life balance and so am looking forward to working with PACT to help promote good working practises and knowledge transfer at UCL in support of those who have parental and caring responsibilities.

For further information visit:
www.ucl.ac.uk/hr/equalities/gender/pact

