



# Support for Carers

## Caring Support for PGRs

For students with caring needs outside of their studies (be this caring for child or for a family member) the Chemistry Department is committed to removing barriers and where exceptional childcare or other caring needs may present specific challenges – e.g. travel for a meeting or conference, and if funding for childcare is not available in discussion with your supervisor and college, students should approach the Head of Department for support.

As well as this it is requested that students also reach out to their college, as there are sometimes funds available for this type of participation element of courses/studies from the colleges and it is essential to make limited departmental resources go further.

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## Useful Links

[Durham University Nursery](#)

[Durham County Council Childcare Funding Information](#)

## Durham University MAMS Network (Teams Channel)

### Durham University MAMS Network SharePoint Page

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### Mothers and Mothers-to-be Support (MAMS) Network

The MAMS Network exists for members who are mothers and expectant mothers at the University. Membership is drawn from across the University's departments and divisions, covering both staff and students. The network meets informally at least once a term and keeps in touch via email updates and a Facebook page.

Activities include:

- Informal social events, such as bring your own lunch meet-ups where sweet treats are provided. These are on a drop-in basis and there is no obligation to attend every one– feel free to drop in if you can! Those who are on maternity leave are very welcome to attend (and it is an excellent opportunity to eat lunch with both hands as there are always willing volunteers to help with babies!)
- Hosting invited speakers on parenting and women's issues
- Providing peer support and advice on issues relating to returning to work after maternity leave
- Breastfeeding advice and support
- Offering the views of mothers who are staff to the University on diversity related topics when required
- Input to the University's Athena Swan accreditation when required.
- Providing peer support in pregnancy
- An informal buddy pairing service should you wish to be connected with another MAMS member

