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# Parents' pages

SUMMER 2011

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# Parents' pages

Let's face it, having a family is an expensive business right from the start. But what about when your little treasure grows up and decides they want to keep studying?

This issue we have lots of useful information and ideas about what you can do to keep the bills down. See pages 3 and 12 for news about Tuition Fee Loans, Maintenance Loans and how your teenager's university fees will be affected, depending on their start date.

With the Olympics just around the corner we're kicking off our sport's coverage with news about the P&G Surrey School Games 2011. Turn to page 6 to find out how the games are providing a springboard to sporting opportunities for young people in Surrey.

Have a good summer and if you don't want to wait until the winter issue to catch up, sign up to our *Parents' Pages* e-bulletin. Just email us at [parentspages@surreycc.gov.uk](mailto:parentspages@surreycc.gov.uk)

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Produced by Surrey Family Information Service (FIS), Surrey County Council

**Paper copy**  
*Parents' Pages* comes out three times a year in March, July and November.

Each paper copy costs around 27p.

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## National News

### Paying for university

From September 2012 some universities and colleges providing higher education will be able to charge up to £9,000 a year for their courses. If your child is thinking about going to university, and you are worried about how they are going to afford it, read on.

As well as a Tuition Fee Loan and a Maintenance Loan, available to help your child with accommodation and other living costs (how much they get depends on where they live and study and your household income), there are also grants, bursaries and scholarships available that they will not have to pay back.

Your child can check the criteria and apply for grants online at [www.direct.gov.uk/studentfinance](http://www.direct.gov.uk/studentfinance)  
They can also find out what bursaries or scholarships are available by contacting their university or college.

For more information on student finance, including the types of financial support available and a repayment calculator that can tell your child how much they may have to repay each month once they start work, go to [www.yourfuture.direct.gov.uk](http://www.yourfuture.direct.gov.uk)



### The Student Room (TSR)

The Student Room (TSR) is a free student discussion forum with a fast growing online student community.

TSR has thousands of pages of revision notes, hundreds of sample UCAS personal statements and articles on everything from gap years to coping with long distance relationships. Students can get help with revision, personal and professional advice and access student guides.

The site welcomes people from any stage of education and once they've registered they can read and post messages in any of the forums free of charge.

Such is the popularity of TSR that in March 2011 the Government's Education Committee teamed up with TSR to consult its 500,000 members about services for young people.

Forum topics on TSR include:

- Careers, employment and gap years
- Universities and higher education colleges
- Study help
- Debate and current affairs
- Hobbies and interests
- Life advice

To find out more about The Student Room visit [www.thestudentroom.co.uk](http://www.thestudentroom.co.uk)



### New Ice Age campaign

Did you know that you can confidently cook with frozen fruit and vegetables because the nutritional value can be at least as good as fresh? Top celebrity chef Aldo Zilli fronts the New Ice Age campaign that encourages people to use frozen foods more in cooking and highlights their nutritional benefits.

The New Ice Age campaign shows how convenient, beneficial and healthy the frozen food option can be. Recipe ideas for all types of frozen foods are available from their website [www.thenewiceage.com/meal-ideas](http://www.thenewiceage.com/meal-ideas)



And the good news is that low-income families on Healthy Start can now use their vouchers on products such as frozen peas, spinach, carrots or frozen berries. The Healthy Start scheme supports over half a million pregnant women and low-income families by giving them vouchers that until April 2011 could only be spent on fresh fruit, vegetables and milk.

To find out more about Healthy Start please check their website [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



### Another page turner from Bookstart

Between 2011 and 2013 Bookstart is continuing to support and encourage every child on its reading journey with the gift of free books.

Not only that, they are also going to provide additional support to disadvantaged children and families via children's centres. Up to 3000 Sure Start Children's Centres will be invited to join Bookstart Corner and 150,000 Bookstart Corner packs will be provided for children from 12 to 30 months.

For more information visit [www.bookstart.org.uk](http://www.bookstart.org.uk)



As *Parents' Pages* only comes out once a term, it doesn't always tie in with breaking news. So now you can sign up to our *Parents' Pages* e-bulletin. You'll not only get the magazine sent straight to your inbox, we'll also keep you up to date with snippets of news and links to useful websites.

To subscribe, email us at [parentspages@surreycc.gov.uk](mailto:parentspages@surreycc.gov.uk)

# Health Check

Information from NHS Surrey

## Immunisations - the safest way to protect your child

One of the most important things that you can do for your child is to make sure that they have all their routine childhood vaccinations. It's the most effective way of keeping them protected against infectious diseases, such as whooping cough, polio, measles and mumps.

Routine childhood vaccinations start when a baby is two months old. This may seem very young, but babies can catch diseases at any time, so the earlier the better. Ideally, children should have their jabs at the right age to protect them as early as possible and minimise the risk of infection. Any delay can leave your baby unprotected against illnesses that are often more common and worse in younger children.

However it is important to note that it is never too late to have your child immunised, even if they have missed an immunisation and are older than the recommended ages. Talk to your doctor, practice nurse or health visitor to arrange for your child to be immunised.



### Vaccination wall planner

Even if we recognise the importance of vaccinations it's not always that easy to remember what your child has had, what they're due and when.

If your child was born after 1 January 2004 you can find this all out at a glance by going to the interactive vaccination wall planner at NHS Choices [www.nhs.uk/Tools/Pages/NHSvaccinationplanner.aspx](http://www.nhs.uk/Tools/Pages/NHSvaccinationplanner.aspx)

The printable, colourful wall planner lists each set of immunisations your child is or was due and at what age, alongside the month and year.


See opposite for an example of a vaccination wall planner of a healthy girl born in December 2005. •



Speak to your GP or health visitor

<b>2 months</b> (Feb 2006)	<ul style="list-style-type: none"> <li>• 1st: diphtheria, tetanus, pertussis (more commonly known as whooping cough), polio, hib</li> <li>• 1st: pneumococcal infection</li> </ul>
<b>3 months</b> (Mar 2006)	<ul style="list-style-type: none"> <li>• 2nd: diphtheria, tetanus, pertussis, polio, hib</li> <li>• 1st: meningitis C</li> </ul>
<b>4 months</b> (Apr 2006)	<ul style="list-style-type: none"> <li>• 3rd: diphtheria, tetanus, pertussis, polio, hib</li> <li>• 2nd: meningitis C</li> <li>• 2nd: pneumococcal infection</li> </ul>
<b>12-13 months</b> (Jan 2007)	<ul style="list-style-type: none"> <li>• 1st: measles, mumps, rubella</li> <li>• 3rd: pneumococcal infection</li> <li>• Booster: hib, meningitis C</li> </ul>
<b>40 months</b> (Apr 2009)	<ul style="list-style-type: none"> <li>• Booster: diphtheria, tetanus, pertussis, polio</li> <li>• 2nd: measles, mumps and rubella</li> </ul>
<b>12-13 years</b> (Dec 2017)	<ul style="list-style-type: none"> <li>• 1st: human papillomavirus</li> </ul>
<b>13-18 years</b> (Dec 2018)	<ul style="list-style-type: none"> <li>• Booster: diphtheria, tetanus, polio</li> </ul>

**Find out more**  
For more information about these and other health issues, visit NHS Choices at [www.nhs.uk](http://www.nhs.uk) or Surrey Health at [www.surreyhealth.nhs.uk](http://www.surreyhealth.nhs.uk)



**Disclaimer:** The information in this chart applies to a healthy girl born in December 2005. The recommendations for your child may be different depending on their sex, age and medical history so try out the wall planner yourself or talk to your doctor for specific information about immunisations for your child.

# Ready, Steady, Go Surrey



## The countdown has begun

### What does the 26 July 2012 mean to you and your family?

For millions of people around the world it marks the start of the 2012 Olympics and Paralympics. But did you know that there are already lots of sporting and non sporting events and activities taking place in Surrey in the run up to the games themselves?

Hoping to become the most important event in the school sporting calendar and to provide the widest sporting opportunities for young people in Surrey schools, are the P&G Surrey School Games and Para Games Day, launched in 2011. These involve children taking part in 13 sports with special school events forming a key part of the programme.

As well as traditional school sports such as cricket, hockey, rugby and football, there are other sports such as cycling at High Ashurst, near the Olympic cycling route on Box Hill, and a motor sport competition held at Dunsfold Park, where they film Top Gear.

To find out more and to view the P&G Surrey School Games photo gallery go to [www.gosurrey.info/p-g-surrey-school-games](http://www.gosurrey.info/p-g-surrey-school-games)

Leading up to the P&G Surrey School Games county finals, thousands of children have the opportunity to compete in local events.

## School sports opportunities

	<b>Level 1</b>	School sports days – where children at a school compete against each other.
	<b>Level 2</b>	School sports tournaments/leagues – where schools compete at district level.
	<b>Level 3</b>	County Finals, P&G Surrey School Games and Para Games Day - bringing together the most successful teams and individuals from the Level 2 district level competition into an Olympic style countywide competition.
	<b>Level 4</b>	School Sport National Games – Surrey's most talented school aged sport stars compete in the national finals due to be held at the Olympic Park in 2012.

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### Young GB athletes prepare for their race to the finish line

For some young people in Surrey reaching the dizzy heights of the Olympics is a dream that could turn into reality. And in the winter issue of Parents' Pages we have an exclusive interview with young GB hopefuls from Surrey. We'll be asking them how they got to where they have, what being an athlete is really like and if they have any tips for budding young sports enthusiasts in Surrey.



## Cultural Olympiad

Let's face it, for many of us for it's unlikely that we'll ever be good enough in a sport to hope to compete in an Olympic event. But the good news is that the 2012 Games aren't just about sport. Many artistic projects are being created by many talented artists across Surrey. From film making to street dance performances, Surrey's creative individuals can get involved with the 2012 Cultural Olympiad. To find out how, go to [www.gosurrey.info](http://www.gosurrey.info)



## Did you know?

The Surrey Youth Games is held every year and gives sports training opportunities for children in the eleven boroughs in Surrey. Free sports training runs from May through to the end of June when the Games themselves take place over a weekend in June, in 2011 this was 18-19 June. Find out more about Surrey Youth Games by visiting [www.activesurrey.com](http://www.activesurrey.com)

On 23 June at George Abbot School, Guildford school children and pre-school children celebrated the end of the P&G Surrey School Games with a record breaking attempt for the most children coming together to form the Olympic rings.

To find out if they succeeded and to catch up with the latest news about what's happening in Surrey in the build up to 2012, visit [www.gosurrey.info](http://www.gosurrey.info)

# Early Learning

## Early Years Foundation Stage (EYFS) set to change

Both schools and early years providers, such as childminders, pre-schools and nurseries, have to follow a structure of learning, development and care for children from birth to five years old. This is called the Early Years Foundation Stage (EYFS) and it enables your child to learn through a range of activities.

In 2010, Children's Minister Sarah Teather asked the Chief Executive of Action for Children, Dame Clare Tickell, to carry out an independent review of the EYFS so that it would focus less on paperwork and more on supporting children's early learning.

The review strongly supports the principles and themes of the EYFS and supports play as the route to deliver the areas of learning. But it recommends greater emphasis on communication and language over literacy.

### Find out more

For more information, support and useful links search for Early Years Foundation Stage at Directgov [www.direct.gov.uk](http://www.direct.gov.uk)

## Free Early Education for Two Year Olds (FEET)

Free Early Education for Two Year Olds (FEET) provides 10 hours of free early education and childcare to a small number of two year olds and their families in Surrey.

The 10 hours must be taken over a minimum of two days for up to a total of 38 weeks in a year.

Children referred to FEET can get funding from the term after their second birthday. However, it's worth pointing out that although they will try their best to do so, there is no guarantee that Surrey Early Years and Childcare Service will be able to secure a childcare place for your child.

Families have to be referred to FEET and to qualify for referral you must meet one of the national and one of the local criteria listed opposite.

### Find out more

If you meet the criteria and would like to find out more, call Surrey Family Information Service on 0300 200 1004 or contact your local Sure Start Children's Centre. To find contact details for your local children's centre visit [www.surreycc.gov.uk/childrenscentres](http://www.surreycc.gov.uk/childrenscentres)

Here are some of the key recommendations:

- All early years providers should continue to use the EYFS.
- The six areas of learning should be replaced with the following seven:
  - > Communication and language
  - > personal, social and emotional development
  - > physical development
  - > literacy
  - > mathematics
  - > expressive arts and design
  - > understanding the world.
- The 69 Early Learning Goals covering the areas of learning should be reduced to 17.
- Early years providers should carry out a child development check with children between 24 and 36 months of age. And a summary of the check should be included in the child's red book alongside their health records.
- The EYFS Profile should include a simple scale to measure whether children's learning and development at the age of five is emerging, expected or exceeding the Early Learning Goals.
- Early years providers should have new guidelines for healthy eating and nutritional requirements for under fives.



### National criteria

Your family must be claiming one or more of the following benefits:

- Income Support
- Income based Jobseeker's Allowance
- Child Tax Credit at a rate higher than the family element (more than £545 a year)
- Extra Working Tax Credit relating to a disability
- Pension Credit

### Local criteria

Your family must also meet one or more of the following:

- The child's parents have health issues or disabilities
- The family has experienced domestic abuse
- The child has speech and language needs
- The child has English as an additional language
- The child is subject to a child protection plan
- The child is involved with social services
- The child has disabilities
- The child has significant development delays



# Preparing your child for...

Are you trying to choose a childminder, struggling to sew name tapes into a new school uniform or crossing your fingers to find out if your child has got into university?

Whether your child is 8 months or 18 years old, things in their life will change and although you can't hold their hand through everything, there are things you can do to prepare them.

## ►...pre-school

By pre-school we mean any type of care that happens before a child starts school. And the person looking after your child is referred to as a childcare provider. Even if you haven't chosen a provider yet, there are four key things you can do at home to prepare your child for pre-school.

### 1 Develop their language skills

Talk and read with your child to help them learn how to listen and communicate with other children and adults. Introduce new words by talking about the things you can both see and what you are doing together when you're at home or out and about. Try and give your child your full attention when you are talking together, ask questions and give them enough time to have their say. See page 18 to find out about new leaflets available that are full of communication tips for the under fives.

### 2 Give them the opportunity to mix socially

Have friends round to play or allow your child to mix with children in the local park to help them learn how to play with other children. This will help them to gain confidence and lay the foundations for making friends when they begin at pre-school.

### 3 Tell them what to expect

Give your child positive messages about pre-school before they start. It will make settling in easier. Explain that they will play, have fun and learn lots of new things. Visit the pre-school with your child so that they can see where they will play, hang their coat and go to the toilet. Try to walk or drive past regularly and talk about the exciting things they might do.

### 4 Praise them

Every child likes to know when they have done well. It's important to praise your child when they make an effort to do something whether they are successful or not – the important thing is they had a go. They will have the opportunity to experience lots of new activities at pre-school and encouraging them to try things will help them to learn. →

“When my son was three months old I started taking him to the crèche in my gym. It gave him a chance to get used to not being with me all the time and when he started at nursery at 10 months old he didn't get that panicky look when I wasn't around!”

Lisa, mum of a 1 year old.





## Choosing childcare

Surrey Family Information Service has details of registered childcare in Surrey including childminders, pre-schools and breakfast clubs. To find out what is available in your area search our online Family Information Directory [www.surreycc.gov.uk/directory](http://www.surreycc.gov.uk/directory) email [surrey.fis@surreycc.gov.uk](mailto:surrey.fis@surreycc.gov.uk) or call 0300 200 1004

Bear in mind that many childcare providers have waiting lists and you should take your time to work out which provider is best for you and your child so don't leave it until the last minute.

- Make a list of your requirements such as opening hours, costs and location.
- Phone several places to save time and ask a few key questions.
- Make appointments to visit a few places so you can meet potential carers, compare what's on offer and see how the children behave.
- Take a list of prepared questions. Go to [www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis) for tips on what you should ask.
- Take your child with you to see how they get on with the staff and surroundings.
- Ask for references.
- Once you have made a decision make sure you sign a contract.

## Get to know your childcare provider

Once you have chosen your childcare provider it's a good idea for you and your child to get to know them before their first day. If you are happy and relaxed with what is happening, and your child knows what to expect too, then it will be easier for them to settle in.

- Get to know the building and the staff who will be looking after your child. If you have chosen a nursery or pre-school then find out who your child's key person (main carer) is going to be. Your family should be invited to a face to face meeting. If you are not invited then invite yourself.
- Take every opportunity to tell your childcare provider about your child and give them detailed information.
- Tell them if your child is looked after by anyone else such as a childminder or grandparent and be prepared to give your permission to allow the childcare provider to share information with that other person so they can work together to support your child's development.
- Find out about their settling in process. Will they expect you to stay with your child at first or just send them for less hours at first and how much will you have to pay?

**“ I told my childminder that my son would only eat a certain breakfast cereal so when I got a phone call saying he was refusing to eat I was really confused. Turned out I'd forgotten to tell her that it mustn't have milk on it either. ”**

Sarah, mum of a 2 year old



## ► ...primary school

To help you prepare your child for school, Surrey Family Information Service has produced a book called *Thinking about school*. Here are some points from the book to get you started:

- Talk to your child about school and answer any questions they have.
- Be positive even if your own experience wasn't very happy.
- Encourage them to talk about their feelings and let them know that it's ok to feel sad.
- Say a proper goodbye to the people they are fond of at pre-school and keep in touch with some of their friends.
- Read stories together about starting school.
- Find out about the new school together.
- Walk past the school whenever you can so the route becomes familiar.
- Talk to other parents on the school visit to see if you could get together during the holidays.

You can download a copy of *Thinking about school* by visiting the 'Education and learning advice for families' section of the Surrey Family Information Service website. [www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis)

**“ When we found out which school Lucy would be going to, I took her to visit it so it wouldn't be daunting when she started in the autumn. ”**

Kerry, mum of a 4 year old

## ► ...secondary school

Starting secondary school can be a very exciting time for your child but it can also be scary and overwhelming. They may be worried about making friends, getting bullied or lost, not knowing the school rules and coping with new lessons and homework.

How you can help:

- Most primary schools arrange visits to secondary schools but if yours doesn't then try and arrange one yourself.
- Drive or walk past the school whenever you can to help your child to get to know the surroundings.
- Go with your child to try out their route to school. If they are going on public transport then make sure they have the right pass (see page 17 for information about student bus and train travel).



If they are travelling on their own, try and find out if any of their friends will be taking the same route and they can travel together.

- Be positive and try and get your child excited about starting a new school.
- If your child is feeling nervous, listen to their concerns and reassure them that everyone else will be feeling the same.
- Try and set aside a quiet place for them to do their homework or find out about their schools homework clubs.
- Help to build up your child's independence by letting them walk home from school or go to the shops on their own in the six months leading up to them starting at secondary school.

**“ My son didn't know how he was going to remember which books to take in on which day, let alone PE kit! I bought a white board and put it up on his bedroom wall so he could write down everything he had to remember. ”**

Guy, dad of two secondary school boys

## ► ...leaving school

At the moment, young people can leave school on the last Friday in June in the school year that they turn 16. The Government want to raise this age to 17 in 2013 and to 18 by 2015. Whenever your child leaves school, there are a number of opportunities available to them:

- full or part time education, such as school sixth form or college
- work-based learning, such as an apprenticeship
- employment.

Choosing what to do can be daunting for your child but although you cannot make the decision for them, you can give them all the information they need to help them to make an informed choice. →



## Further education

As well as opening up their career options, further education will give your child the opportunity to meet new people and develop a sense of independence. They could study for A levels, work-related qualifications or the Diploma qualification for 14 to 19 year-olds. Encourage them to study subjects they enjoy, but if they're planning to go to university they should check what subjects they'll need to get onto their preferred course, from as early as year 9.

What your child studies post 16 can have a major impact on what they can study at degree level. [Informed Choices](#) is a guide from 20 leading UK universities to help your child make an informed decision when choosing their course for post 16 education.

[www.russellgroup.ac.uk/informed-choices](http://www.russellgroup.ac.uk/informed-choices)

For more information about the choices available visit Directgov [www.direct.gov.uk](http://www.direct.gov.uk) and click on education.

You can also find links to colleges and sixth forms in Surrey by searching for further education on the Family Information Directory at [www.surreycc.gov.uk/directory](http://www.surreycc.gov.uk/directory)

## Starting work

Continuing on in education is not for everybody. If your child is thinking about work they should consider the career path they would like to follow and whether or not they might like to try things out by volunteering or doing work experience. The websites below offer practical advice and help with getting a job or volunteering.

[www.direct.gov.uk/en/youngpeople/workandcareers](http://www.direct.gov.uk/en/youngpeople/workandcareers)

[www.surreyinvolved.org](http://www.surreyinvolved.org)

## Apprenticeships

For some, working while learning provides the best of both worlds and an Apprenticeship would allow your child to do just this. Visit [www.apprenticeships.org.uk](http://www.apprenticeships.org.uk) for more information and find out how to apply.



## ►...university

They may officially be a grown up but they are still your child and you can still help them to prepare. The parents section of the UCAS website at [www.ucas.com/parents](http://www.ucas.com/parents) has loads of information about the application process as well as how you can help your child to plan for university life.

“ We were surprised that our daughter needed to start to look for accommodation for her second year towards the end of her first term at university. She hadn't settled into one place and already needed to start thinking about moving again! ”

Carol, mum of an 18 year old

## Starting in 2011

The increase to the maximum tuition fees rate only applies if your child starts university in September 2012 or later so more students have applied for university this year to avoid the price rise. For some young people this means they are under great pressure to get the grades they need for university this year. If you are worried that your child is not coping with exam stress then the NHS website has lots of advice. Go to [www.nhs.uk](http://www.nhs.uk) and search for exam stress.

This may also mean that more students who do not get the grades they need will have to apply through the clearing process for a course at another university. If your child has to go through clearing then don't panic, there is lots of help available to guide them through the process. All the courses with vacancies are published on the UCAS website [www.ucas.com](http://www.ucas.com) after exam results are published in August. And once your child has found a course they like they can follow the steps on the UCAS website to apply.

## Starting in 2012

If your child is thinking about starting university in 2012, their school or college will tell them about the application process and details of the new tuition charges. This information is also available on the UCAS website [www.ucas.com](http://www.ucas.com)

Most students do not need to pay any tuition fees up-front as these are covered by a Tuition Fee Loan. There are also Maintenance Grants, loans and bursaries to help with living costs, such as rent, food and books. For more information about student finance visit [www.direct.gov.uk/studentfinance](http://www.direct.gov.uk/studentfinance) ●

# a parent's view

## Jo, mum of Ellie aged 6 and Joshua aged 1, tells us about her experience of using childcare vouchers

I have used childcare vouchers for both Ellie and Joshua. We started using childcare vouchers when Ellie was one and went to a day nursery.

I found out about them through work as it was advertised as a benefit on our annual benefits website. It was very simple to sign up and work gave me all the forms I needed. My husband's company did not offer childcare vouchers at the time, but when he enquired about them, his company was more than happy to find out more about it and signed up to the scheme too. This meant we could both claim the full amount each month, which was great.

We were well prepared and started the vouchers a month before Ellie started at nursery. I used childcare vouchers for the whole time Ellie was at nursery and I also used them when she was at a holiday scheme. I recently signed up to childcare vouchers again as I went back to work after having Joshua. I am using a childminder this time and it was just as easy to set up.

My work offer a salary sacrifice scheme so I take the maximum amount from my salary each month before tax and national insurance, I think it's about £243. My husband and I both do the same and it saves us quite a lot of money each month, so it is worth doing. The money gets paid into an online account and we transfer the money to the childminder from this account. Very simple.

The vouchers have to be used to pay a registered childcare provider so I can currently only use them to pay the childminder. However if I wanted to use them for a holiday scheme, for example, I would just need to make sure they were registered with the same childcare voucher scheme that I currently use and then I could use the vouchers to pay the holiday scheme too.

I am not sure exactly how much we save, but I know it is worth it! I can't see any negatives to using childcare vouchers, it has always been very simple and both my work and my husband's work have been very supportive of the childcare vouchers schemes. I think it will be the only perk we have left soon.



“ I could use the vouchers to pay the holiday scheme too ”

I would certainly recommend childcare vouchers to other parents, most large companies offer them already, but the small firms such as the one my husband works for seem to be happy to sign up once they are sure it will not cost them any money.

Turn over to page 15 to find out more about Childcare Vouchers in our You ask the questions article. ●



Here are some frequently asked questions Surrey Family Information Service receives from parents, about finding and choosing childcare and activities for children and young people.

**Parent 1 How can I find details of childcare in my area?**

Surrey Family Information Service (FIS) hold details of Ofsted registered childcare in Surrey. If you contact them they will be able to email or post you specific lists for your area [www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis)

You can also search for local childcare online in their Family Information Directory [www.surreycc.gov.uk/directory](http://www.surreycc.gov.uk/directory)

However not all childcare providers will have given their consent to display their details on the internet.

**Parent 2 I have found a local childminder I would like to use but her details do not appear on the list sent to me by FIS does this mean she is not registered?**

The childminder may not have given FIS consent to advertise her details to parents. If you contact FIS, they will be able to check their database to see if she's registered with Ofsted. Alternatively, you could ask her to show you a copy of her current Ofsted certificate.

**Parent 3 I'm not sure what type of childcare I need for my child, where can I get information on the different types available?**

The childcare choices section on the FIS web page 'Choosing childcare for children and young people' explains the different types of childcare available [www.surreycc.gov.uk/choosingchildcare](http://www.surreycc.gov.uk/choosingchildcare)

The FIS booklet called Childcare Special 2011 is available to download in the publications section of their web page [www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis)

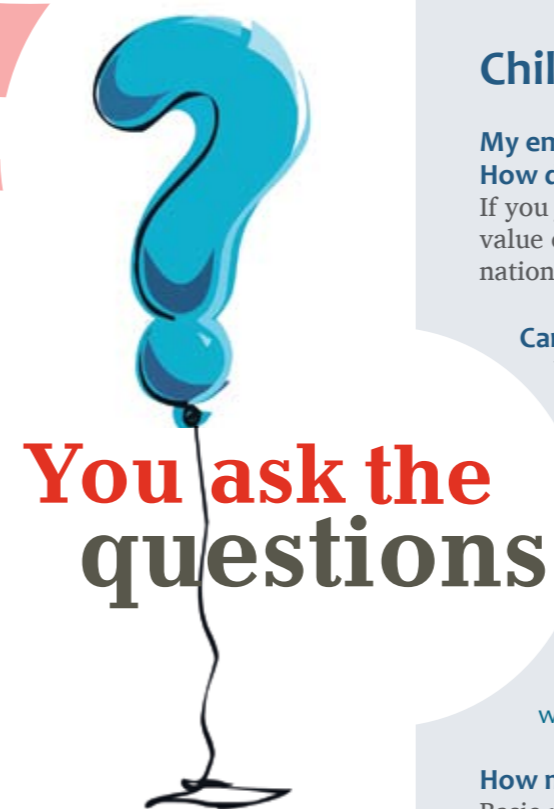
Contact FIS if you would like to be sent a copy of the booklet or need any additional information or advice  
e [surrey.fis@surreycc.gov.uk](mailto:surrey.fis@surreycc.gov.uk)  
t 0300 200 1004

**Parent 4 I'm looking for details of local clubs or activities that my children can join**

The Family Information Directory holds information on clubs and activities for children and young people of all ages from youth clubs to dance classes. You can also find details of local playgrounds, libraries and leisure centres. Visit the directory to search for things to do in your area [www.surreycc.gov.uk/directory](http://www.surreycc.gov.uk/directory)

**Parent 5 Where can I find information on holiday activities for my children?**

You can find details of fun things to do during the school holidays in the events section of the Family Information Directory [www.surreycc.gov.uk/eventsforfamilies](http://www.surreycc.gov.uk/eventsforfamilies)



## Childcare vouchers

**My employer is part of a childcare voucher scheme. How does this work?**

If you join the scheme you will usually take a drop in salary to the value of your childcare vouchers. You will not pay income tax or national insurance on this amount.

**Can both parents claim childcare vouchers?**

Yes, if their employers are part of a scheme. If not you could suggest they join one. They will save on the employer's part of national insurance.

HMRC have a help sheet about guidance for employees entering childcare voucher schemes called **E18 (2009) How to help your employees with childcare**. You can download it from [www.hmrc.gov.uk](http://www.hmrc.gov.uk)

Daycare Trust have information on setting up a childcare voucher scheme on their Information for employers page at [www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)

**How much can I claim?**

Basic rate taxpayers £55 per week or £243 per month. Higher rate taxpayers £28 per week or £124 per month (£55 per week or £243 per month if you joined a scheme before 6 April 2011). Additional rate taxpayers £22 per week or £97 per month (£55 per week or £243 per month if you joined a scheme before 6 April 2011).

**When can I join my employer's scheme?**

As soon as you like. You can join whilst on maternity leave and save the vouchers towards future childcare costs.

**But my employer says that I must wait until I return to work.**

A woman on maternity leave should be regarded as if she is in work carrying out her duties and the scheme needs to be open to all employees. So you can join the scheme even if you are on maternity leave.

Daycare Trust have a fact sheet called **Childcare during maternity leave: employer-supported childcare and the childcare element of Working Tax Credit** that you can download from [www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)

**I think I might be entitled to the childcare element of Working Tax Credits but my employer is offering childcare vouchers. Which should I use?**

If you qualify for the childcare element of Working Tax Credits you could be eligible for up to 70% towards your childcare costs. However, if you join a childcare voucher scheme this could affect your entitlement.

To be absolutely clear you can use the 'Childcare vouchers and tax credits – better off calculator' on the Directgov website [www.directgov.uk](http://www.directgov.uk)

**Want to ask FIS a question?**

If you'd like to ask a question email the team at [surrey.fis@surreycc.gov.uk](mailto:surrey.fis@surreycc.gov.uk)  
To find out more about all services for families why not use the Family Information Directory [www.surreycc.gov.uk/directory](http://www.surreycc.gov.uk/directory)

Or call Surrey Family Information Service (FIS) for free advice and guidance

t: 0300 200 1004

Tweet @SurreyFIS



# Surrey Focus

## > SURREY LIBRARIES

### Roll up! Roll up! for Circus Stars in all Surrey libraries this summer

Books take centre stage this summer, as children aged 4-11 are invited to come along to their local library and join in the fun of Circus Stars, this year's circus-themed Summer Reading Challenge.

Children can read whatever books they like, fiction, non-fiction, poetry, even listen to audio books. And there are stickers, a bookmark, a wristband and other incentives to collect as they read.

Children who read six books to complete all three stages of their circus challenge will be awarded a special medal and a certificate.

Libraries will be organising special circus-themed events, activities and competitions throughout the summer holidays. And there will be a countywide poetry competition for budding young writers.

Circus Stars starts in all Surrey libraries on Saturday 9 July and it's absolutely free to take part!

As one Surrey parent said last year:

“Brilliant scheme! This definitely made a difference to my son's (aged eight) reading over the summer. He is normally a reluctant reader but whizzed through the books to get his medal!”

For more information about Circus Stars, pop into your local library, go to [www.surreycc.gov.uk/kidstuff](http://www.surreycc.gov.uk/kidstuff) or phone 0300 200 1001



## > PARENTING SUPPORT

### Is your child school phobic?

Does your child display the following behaviours

- can't face school
- severe anxiety
- often seem fine once in school
- separation anxiety
- disturbed, erratic sleep
- excessive outbursts
- tantrums in the morning
- obsessive behaviour
- physically sick
- stomach ache
- headaches.

Whilst none of these behaviours are exclusive to school phobia, if you are worried why not visit a support group run by Elmbridge Secondary Schools Parenting Support, turn up and have a cup of coffee and meet other parents?

First Thursday of each month in term time 6.30-8.30pm, Molesey Youth Centre, Ray Road, West Molesey, Surrey KT8 2LG.

For more information call Gaynor on 07984 146131

## > RECYCLING

### Extended hours for Redhill and Camberley Community Recycling Centre

Redhill and Camberley residents are now able to visit their local community recycling centre later in the day.

The Earlswood centre in Redhill and the Wilton Road centre in Camberley will open until 7.30pm every day to make it more convenient for you to visit, while helping to reduce queuing traffic on the site and improve recycling rates. You are now able to fit in a visit after work or after going to the supermarket, reducing the need to make a special trip.



For more information call SITA Surrey on 01306 748 300 or visit [www.surreycc.gov.uk/recycling](http://www.surreycc.gov.uk/recycling)

## > FAMILY SUPPORT

### Subsidised relationship support from Relate West Surrey - available for parents raising a disabled child

Subsidised relationship support for parents with a disabled child is now available from local charity, Relate West Surrey.

Relate understands that, whilst rewarding and enjoyable, raising a disabled child can for some be an overwhelming experience and put pressure on the family. Relate West Surrey, can now offer counselling for families or couples to help them understand and strengthen their relationships.

Jill Rawling from Relate West Surrey said:

“When parents are stressed and under pressure, this can have a big impact on children, which is why it's so important that parents are able to access this bit of extra support.”

Parents interested in the scheme will be able to access four sessions of relationship counselling either as a family or a couple across the country. More information can be found at [www.relate.org.uk/news](http://www.relate.org.uk/news) or by calling Relate West Surrey on 01483 715285



## > SURREY FAMILY INFORMATION DIRECTORY

### Childcare and family services

The childcare finder on the Directgov website closed on 31 March 2011. However you can still find details of childcare and family services in Surrey using the Family Information Directory on the Surrey County Council website [www.surreycc.gov.uk/directory](http://www.surreycc.gov.uk/directory).

### Events

If you are looking for something to do during the school holidays or are running an event that you would like to advertise for free then why not visit the events section of the Surrey Family Information Directory [www.surreycc.gov.uk/eventsforfamilies](http://www.surreycc.gov.uk/eventsforfamilies).



## > DISCOUNT BUS AND TRAIN TRAVEL FOR YOUNG PEOPLE

### Student bus and train fare cards



If you live in Surrey, are in full time education and aged between 16 and 18 you can apply for discount train and bus travel for your journey to school or college. Student fare cards allow

you to travel for the same fare as under 16s. The cards cost £25 and are valid for the whole academic year. You can only apply for both cards if you need both modes of transport to complete your journey. Further information about the scheme can be found on the Surrey Student Transport website [www.sstp.org.uk](http://www.sstp.org.uk)

### Network Rail Student Railcard

Young people can save 1/3 off rail fares across Britain for a year with the 16-25 Railcard costing just £26. If you're between 16-25, or over 26 and in full-time education, you're eligible to apply. The only restriction is that if you travel before 10am Monday to Friday (except during July and August) a minimum fare of £12 will apply.

For more details visit [www.16-25railcard.co.uk](http://www.16-25railcard.co.uk)

### Zip Oyster photocard

The Zip scheme allows non-London residents aged 5 to 15 year olds, and eligible 16 to 19 year olds, to receive free or concessionary travel on London's buses and trams. It also entitles 11 to 15 year olds to travel at the child rate on the Tube, Docklands Light Railway, London Overground and National Rail.

To find out more visit [www.tfl.gov.uk/zip](http://www.tfl.gov.uk/zip)



# New on our shelves

## Out now

### Childcare Special

This A4 booklet from Surrey Family Information Service (FIS) has details of the different types of childcare ranging from childminders to out of school clubs.

It includes how much the different types of childcare cost, staff to child ratios, plus parents' accounts of how their childcare choices work out in reality.

Find it in the publications section at [www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis) or for a hard copy contact Surrey FIS  
e: [surrey.fis@surreycc.gov.uk](mailto:surrey.fis@surreycc.gov.uk)  
t: 0300 200 1004



## What to look out for this summer

### Every Child a Talker leaflets

Taking you through from pre natal and new born to aged four years plus, these eight age targeted leaflets are packed full of language and communication tips for under fives.



## Coming soon

### Free part time early education September 2011 – August 2012



This handy leaflet answers parents most common questions about free part time early years education such as:

- Who can get free part time early years education?
- Does the free entitlement have any monetary value?
- Do I have to live in Surrey?

### Don't miss out

If you want to know the moment these leaflets are available to download from the Surrey Family Information Service (FIS) webpages, why not subscribe to our Parents' Pages e-bulletin? Just email us at [parentspages@surreycc.gov.uk](mailto:parentspages@surreycc.gov.uk) and follow @SurreyFIS on Twitter.



# @Webwatch

## Money

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

Money Advice Service is an independent advice website that helps you to manage your money. It includes the Parents' Guide to Money which has information about budgeting for the birth of your baby, state entitlements while you are pregnant and after your baby is born, work and childcare options and a saving, borrowing and money worries section. It also has calculators on:

- Budgeting and baby
- Cost of a child
- Child Trust Fund and savings
- Debt
- Childcare
- HMRC's tax credit calculator.



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

For information from the Government covering all aspects of money, tax and benefits go to Direct gov and click on Money, Tax and Benefits.

Directgov

## Safety

[www.clickcleverclicksafe.direct.gov.uk](http://www.clickcleverclicksafe.direct.gov.uk)

Lots of online resources for parents and young people, from the UK Council for Child Internet Safety's Click Clever, Click Safe campaign. It has a catchy code to remind children how to avoid common risks online.

### Zip it

Keep your personal stuff private and think about what you say and do online.

### Block it

Block people who send nasty messages and don't open unknown links and attachments.

### Flag it

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

## Parents' pages

SUMMER 2011 DIRECTORY

The handy list has all the websites mentioned in this issue, for you to cut out and keep.

### Children and young people's sport in Surrey

[www.gosurrey.info/p-g-surrey-school-games](http://www.gosurrey.info/p-g-surrey-school-games)  
[www.gosurrey.info](http://www.gosurrey.info)  
[www.activesurrey.co.uk](http://www.activesurrey.co.uk)

### Health check

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
[www.thenewiceage.com/meal-ideas](http://www.thenewiceage.com/meal-ideas)  
[www.clickcleverclicksafe.direct.gov.uk](http://www.clickcleverclicksafe.direct.gov.uk)  
[www.nhs.uk/Tools/Pages/NHsvaccinationplanner.aspx](http://www.nhs.uk/Tools/Pages/NHsvaccinationplanner.aspx)  
[www.nhs.uk](http://www.nhs.uk)  
[www.surreyhealth.nhs.uk](http://www.surreyhealth.nhs.uk)

### Information for families

[www.moneyadvice.org.uk](http://www.moneyadvice.org.uk)  
[www.surreycc.gov.uk/parentspages](http://www.surreycc.gov.uk/parentspages)  
[www.surreycc.gov.uk/childrenscentres](http://www.surreycc.gov.uk/childrenscentres)  
[www.surreycc.gov.uk/directory](http://www.surreycc.gov.uk/directory)  
[www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis)  
[www.surreycc.gov.uk/eventsforfamilies](http://www.surreycc.gov.uk/eventsforfamilies)  
[www.direct.gov.uk](http://www.direct.gov.uk)  
[www.relate.org.uk/news](http://www.relate.org.uk/news)  
[www.surreycc.gov.uk/recycling](http://www.surreycc.gov.uk/recycling)  
[www.surreycc.gov.uk/choosingchildcare](http://www.surreycc.gov.uk/choosingchildcare)  
[www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)

### Reading

[www.bookstart.org.uk](http://www.bookstart.org.uk)  
[www.surreycc.gov.uk/kidstuff](http://www.surreycc.gov.uk/kidstuff)

### Students

[www.ucas.com/parents](http://www.ucas.com/parents)  
[www.russellgroup.ac.uk/informed-choices](http://www.russellgroup.ac.uk/informed-choices)  
[www.thestudentroom.co.uk](http://www.thestudentroom.co.uk)  
[www.yourfuture.direct.gov.uk](http://www.yourfuture.direct.gov.uk)  
[www.direct.gov.uk/studentfinance](http://www.direct.gov.uk/studentfinance)  
[www.direct.gov.uk/en/youngpeople/workandcareers](http://www.direct.gov.uk/en/youngpeople/workandcareers)  
[www.apprenticeships.org.uk](http://www.apprenticeships.org.uk)  
[www.surreyinvolved.org](http://www.surreyinvolved.org)  
[www.ucas.com/parents](http://www.ucas.com/parents)  
[www.sstp.org.uk](http://www.sstp.org.uk)  
[www.16-25railcard.co.uk](http://www.16-25railcard.co.uk)  
[www.tfl.gov.uk/zip](http://www.tfl.gov.uk/zip)

If you have suggestions for other useful websites email us at [parentspages@surreycc.gov.uk](mailto:parentspages@surreycc.gov.uk)

Cut out and keep

# Have you got what it takes to foster for Surrey?

Call 08000 96 96 26 Visit [www.surreycc.gov.uk/fostering](http://www.surreycc.gov.uk/fostering)



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



**SURREY**  
COUNTY COUNCIL

Making Surrey a better place