

NOT ENOUGH HOURS IN THE DAY

Usdaw

Campaigning For Equality

Juggling work with being a parent or caring for someone can be difficult ...

“ My hours often change and this makes it difficult for me to be there for my kids when I need to be. ”

“ I've reduced my hours at work to make time to care for my dad but this means my pay has gone down too. ”

“ I sometimes feel that I have so much to do I don't know how I'm going to fit it all in. ”

Usdaw is campaigning for family and carer-friendly working rights to be available to ALL workers, from day one of employment.



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Speak to your Usdaw rep to find out more. You can also contact the Usdaw Helpline or visit the website.

Helpline: 0800 030 80 30

website: www.usdaw.org.uk/spc

email: parentsandcarers@usdaw.org.uk

#SPC2019

Usdaw
Union of Shop, Distributive
and Allied Workers

