

# SEND NEWS SPLASH

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## Childcare Choices: Get the help that fits your family, so you can juggle work and life

Thousands of families could be saving money on their childcare costs but some simply don't know what support they might be eligible for.

The Childcare Choices website brings together all the existing childcare offers in one place, so parents can get the help that fits their family. This could be through Tax-Free Childcare, 30 Hours Childcare, or Universal Credit Childcare. Some families might be eligible to use more than one of the childcare schemes together and get the most out of it. And from later this year even more help is on the way:

- From April 2024, eligible working parents in England with children aged 2 will have access to 15 hours childcare.
- From September 2024, the 15 hours childcare offer will be expanded to eligible working parents in England with children between 9 and 23 months old.
- From September 2025, eligible working parents in England with children between 9 months up to school age will have access to 30 hours childcare.

Support is also expanding for primary-school aged children – from September 2024, parents are expected to see an expansion in the availability of childcare in their local area before and after school, between 8am and 6pm, also known as 'wraparound care'.

Don't miss out on getting the support you are entitled to. Visit the Childcare Choices website to check what offer you may be eligible for.

[Childcare Choices](#) | [30 Hours Childcare, Tax-Free Childcare and More](#) | [Help with Costs](#) | [GOV.UK](#)

## Time to Talk Day 2024

Time to Talk Day 2024 is the UK's biggest mental health conversation. It takes place annually on 1st February and is organised by [MIND](#) and [Rethink Mental Illness](#) and in partnership with the Co-op.

The day is to encourage us all to talk about our mental health. It might be difficult to express how you really feel but talking about mental health and having a conversation about mental health issues has the power to save lives.

Reach out to friends, family members, or colleagues and ask how they're doing. Let them know you're there to listen and support them.

There are resources available on the Local Offer about mental health issues yourself and/or someone you know might be experiencing: [Swindon Local Offer - Mental Health Needs Menu](#).



**MY Future**

An event for young people aged 14 plus with additional needs, and their parent / carers.

*"Becoming an adult can be confusing!!!"*

Thursday  
1st February  
2024  
10am to 4pm  
@ New College  
Swindon,  
North Star  
Campus

Come along and find out what's available to help young people get ready for adult life.

For more information email: [myfutureevent@swindon.gov.uk](mailto:myfutureevent@swindon.gov.uk)  
or text / call 07989 387810

 SWINDON  
BOROUGH COUNCIL

The poster features a maze with various icons representing adult life: a watermelon, a heart, a house, a person with a raised fist, a family silhouette, a pound sign, a camera, and a tennis racket. A red arrow points to the maze, and a blue arrow points from the 'MY Future' title towards the event details.

**[Please subscribe to the Local Offer YouTube channel here](#)**

**CONTACT THE LOCAL OFFER ON [LOCALOFFER@SWINDON.GOV.UK](mailto:LOCALOFFER@SWINDON.GOV.UK)**

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