

October 2007

Family Friendly Working

Thank you for your contributions



I am writing to you because you kindly helped me earlier this year by requesting my survey about how you combine work and family life.

I thought you would like to know what is happening to your contribution, and when you are likely to see the book in print.

The manuscript went to the editor over the summer, and the book itself is due out in February 2008. You can have a peek at how it is going to look on my website, [ACPR](#) (just scroll down to see it) or pop over to [Amazon](#).

I will be sending one more email next February to announce when the book is actually available. I will have a limited number of copies to give away to contributors, more details in the February newsletter.

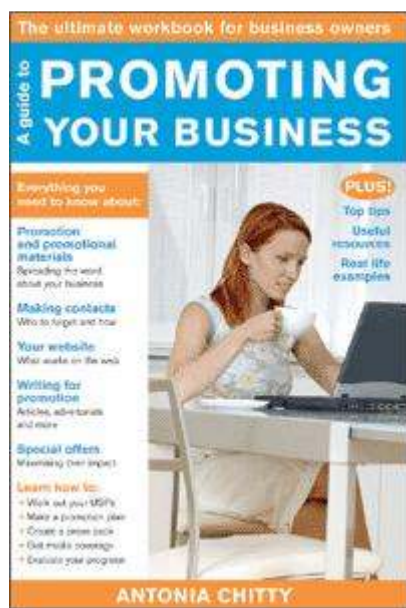
If you do not want to hear any more about the Family Friendly Working book, simply go to the bottom of the email to unsubscribe.

Alternatively, if you'd like to get regular updates from ACPR full of tips for parents who run a business, go to the end of the newsletter and update your profile to receive the regular monthly newsletter. I have included some information below, to give you a taste of the sort of topics covered.

Thanks and Best Wishes

Antonia Chitty

PR Basics



Visit [PR Basics](#) to find out more about promoting your business and

[Visit PR Basics](#) to find out more about promoting your business and buy the essential workbook for every small business owner.

Websites for Work - Part 1

There are some great resources available on the net if you want to work flexibly, whether you are looking for a family friendly job or want to run your own business. This is part one of a round up of some of the most useful sites.

[Mum and Working](#), is one of the best sites for mums looking for part time or flexible work. The site has lots of info on work without fixed hours, and every month there are lots of new features - well worth signing up for the newsletter. Site founder Joslyn Bellamy says, "The inspiration for the site came from conversations with other Mums about how we all loved being at home looking after our children but wished there was some sort of work we could fit round family life. None of us wanted to go back to jobs where we had to use extensive childcare but wanted work that fitted in around school hours. I knew there must be jobs out there like this and knew Mums wanted to know about them...so I brought the two together. Running the site is ideal for me as a Mum as it is a flexible job I can fit around my family commitments."

All of the jobs on [Mum and Working](#) are part-time and aimed at Mums who want to work during school hours or from home when their children are young. As well as jobs [Mum and Working](#) brings Mums and Dads information about setting up their own business, career advice, training, franchises and have community elements where Mums get involved themselves with our Review Panel and Book Club.

If you like Mum and Working, you might also want to check out [Jobs for Mothers](#) and [Working Mums](#). They don't have so much great reading matter, but are both packed with flexible and part time working opportunities.

If you are looking for a long running magazine with lots of features for working mums, visit [Mother@Work](#). The idea of Sports PR Denise Tyler, . [Mother@Work](#) has been coming out monthly since 2004. Denise's own search for insight into how working mums coped motivated her to start the site. She says, "I wanted to be kept up to date with childcare issues, financial stuff and 'meet' other working mums. I couldn't find anything so realised there were probably lots of other mums looking for this kind of support. Hence I decided to plug the gap." Denise juggles running the site with her sports PR as well as freelance feature writing, so she's well placed to tell it how it is, and work out what busy working mums need to know. She says, "Because mother@work is online, I can work on it from anywhere. Online businesses are a great option for working mums in that respect as it's flexible and overheads are much smaller." Sign up to the [Mother@Work](#) newsletter and you'll get highlights of the latest issue, covering business, education, health, and work-life balance, direct to your inbox. Visit the site for interviews with other working mums, a buzzing forum and a discounted book club as well as monthly competitions and up to date news headlines. There's also a jobs board for a variety of jobs from full time to franchise or part time.

Business Start Up Seminars, Brighton

Nicky Chisholm has had a great idea to help mums in who want to start a business. **Mums in Biz** runs Business start up seminars that focus on ideas and issues that affect busy mums. Go along for answers, fun and inspiration to get your business moving. The seminars include sessions on Business planning, Time management, child care opportunities, business ideas and where to go next.

It is easy to attend: the venue, free car parking and subsidised child care from Asquith Nursery are all within 2 minutes of each other. Lunch is provided. The seminars take place on Tuesdays: October 2nd, November 6th, and December 4th from 12.15 to 3.15pm. Cost - £25

For more information call Nicky Chisholm at **Mums in Biz on 01273 681 484** or email nickyc@mumsinbiz.co.uk

Thanks once again for your help, and watch out for the book in a few months time.

Sincerely,

Antonia Chitty
ACPR