



LEICESTER
STUDENTS'
UNION

STUDENT PARENT WELCOME PACK





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EXPECTANT PARENTS (DURING PREGNANCY)

Financial Support:

Free NHS prescriptions via Maternity Exemption Certificates

You're entitled to a Maternity Exemption Certificate if, at the time of your application, you are pregnant or have given birth in the last 12 months. A Maternity Exemption Certificate entitles you to free NHS prescriptions and dental care if you are pregnant.

- <https://www.nhsbsa.nhs.uk/help-nhs-prescription-costs/maternity-exemption-certificates>

Free NHS dental care

You are entitled to free NHS dental treatment if, at the time you are accepted for your course of treatment, you are pregnant or have had a baby in the last 12 months.

- <https://www.nhsbsa.nhs.uk/help-nhs-dental-costs/free-nhs-dental-treatment>

Maternity Allowance (UK Government)

When you take time off to have a baby you might be eligible for: Statutory Maternity Leave; Statutory Maternity Pay; paid time off for antenatal care; and/or extra financial help from the government.

- <https://www.gov.uk/maternity-pay-leave>

Paternity Pay (UK Government)

When you take time off because your partner's having a baby, adopting a child or having a baby through a surrogacy arrangement, you might be eligible for: 2 weeks' Paternity Leave; Paternity Pay; Shared Parental Leave and Pay; and/or Unpaid Parental Leave.

- <https://www.gov.uk/paternity-pay-leave>

General Support:

Best Start in Life (UK Government)

Best Start in Life is a UK Government supported resource that helps you through from pregnancy, baby, toddler, childcare and early years education to preparing for school.

- <https://beststartinlife.gov.uk/>

Parenting Support from Family Help (Leicestershire County Council)

Here you can find support with parenting from lots of different organisations, including the Family Help Service (previously known as Children and Family Wellbeing Service).

- <https://www.familyhubsleicestershire.org.uk/>

PARENTS WITH BABIES & TODDLERS (AGES 0-3)

Childcare:

Get Childcare Step-by Step Guide (UK Government)

This is a resource that helps you to find childcare, get help paying for it and what to do if your circumstances change.

- <https://www.gov.uk/get-childcare>

Stanhope House Day Nursery

The University has a long-standing relationship and works closely with Stanhope House Day Nursery, which is situated in Leicester city, close to Victoria Park on Regent Road.

- <https://stanhopenursery.co.uk/>

Nurseries in Leicester Area:

There are many nurseries in the Leicester area. This helps you with your search for the best one for you and your family.

- https://www.daynurseries.co.uk/day_nursery_search_results.cfm/searchtown/Leicester

Financial Support:

Child Benefit = Citizens' Advice (Leicester)

This is a bursary that helps you with the costs of your children.

- <https://www.citizensadvice.org.uk/benefits/child-benefit/>

Childcare Grant (UK Government)

This is a bursary for full-time students that helps you with childcare.

- <https://www.gov.uk/childcare-grant>

Free Healthy Food and Vitamins (Healthy Start Scheme)

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you: buy healthy foods such as milk or fruit and/or get free vitamins.

- <https://www.gov.uk/healthy-start>

Parents' Learning Allowance (UK Government)

This bursary can help with your learning costs if you're a full-time student with children.

- <https://www.gov.uk/parents-learning-allowance>

Tax-Free Childcare (UK Government)

This bursary can help with the cost of paying for childcare.

- <https://www.gov.uk/tax-free-childcare>



General Support:

Best Start in Life (UK Government)

Best Start in Life is a UK Government supported resource that helps you through from pregnancy, baby, toddler, childcare and early years education to preparing for school.

- <https://beststartinlife.gov.uk/>

Health for Under 5s

This is a support and advice from pregnancy to starting school resource that is trusted by NHS professionals.

- <https://healthforunder5s.co.uk/>

NHS Services for New Parents

This resource helps you register your baby with a GP; understand how a health visitor can help you; and find out more about child health clinics.

- <https://www.nhs.uk/baby/support-and-services/services-and-support-for-parents/>

Parenting Support from Family Help (Leicestershire County Council)

Here you can find support with parenting from lots of different organisations, including the Family Help Service (previously known as Children and Family Wellbeing Service).

- <https://www.familyhubsleicestershire.org.uk/>

Spaces on Campus:

Infant Feeding Rooms:

Room 103, First Floor, Attenborough Seminar Block
Pod 14, Mezzanine Floor, Charles Wilson Building
George Davies Centre, Room 2.42

- <https://www.leicesterunion.com/advice/support/parents/>

Baby Changing Facilities:

College House - Central Campus, Ground Floor
David Wilson Library - Cafe, unisex accessible toilet
Charles Wilson - Cafe, Mezzanine Level, unisex accessible toilet
Danielle Brown Sports Centre - Women's Changing Room
George Davies Centre - Room Z0.19 Ground Floor, unisex accessible toilet
Maurice Shock Building - Cafe, First Floor, unisex accessible toilet

- <https://www.leicesterunion.com/advice/support/parents/>



PARENTS WITH YOUNG CHILDREN (AGES 4-12)

Financial Support:

Child Benefit = Citizens' Advice (Leicester)

This is a financial bursary that helps you with the costs of your children.

- <https://www.citizensadvice.org.uk/benefits/child-benefit/>

Childcare Grant (UK Government)

This is a financial bursary for full-time students that helps you with childcare.

- <https://www.gov.uk/childcare-grant>

Free Healthy Food and Vitamins (Healthy Start Scheme)

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you: buy healthy foods such as milk or fruit and/or get free vitamins.

- <https://www.gov.uk/healthy-start>

Tax-Free Childcare (UK Government)

This bursary can help with the cost of paying for childcare.

- <https://www.gov.uk/tax-free-childcare>

Parents' Learning Allowance (UK Government)

This bursary can help with your learning costs if you're a full-time student with children.

- <https://www.gov.uk/parents-learning-allowance>

General Support:

Health for Under 5s

This is a support and advice from pregnancy to starting school resource that is trusted by NHS professionals.

- <https://healthforunder5s.co.uk/>

Childline

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.

- <https://www.childline.org.uk/about/about-childline/>

Young Minds

Whether you want to understand more about your young person's mental health, find the right help for them or hear from other parents who've been there, our guides can help.

- <https://www.youngminds.org.uk/parent/>

Barnado's CareFree Project

This project offers a wide range of practical and emotional support services to young carers in Leicester and Leicestershire.

- <https://www.barnardos.org.uk/get-support/services?lat=52.6368778&lng=-1.1397592&q=Leicester%2C+UK&keywords=&ct=#locationSearchListings>

Parenting Support from Family Help (Leicestershire County Council)

Here you can find support with parenting from lots of different organisations, including the Family Help Service (previously known as Children and Family Wellbeing Service).

- <https://www.familyhubsleicestershire.org.uk/>

PARENTS WITH OLDER CHILDREN (AGES 13-15)

Child Employment:

Leicestershire County Council

This resource educates parents about their responsibilities when their child goes into employment.

- <https://www.leicestershire.gov.uk/education-and-children/child-employment/apply-for-a-child-employment-permit/guidance-for-parents-and-children>

Financial Support:

Child Benefit (Citizens' Advice, Leicester)

This is a financial bursary that helps you with the costs of your children.

- <https://www.citizensadvice.org.uk/benefits/child-benefit/>

Parents' Learning Allowance (UK Government)

This bursary can help with your learning costs if you're a full-time student with children.

- <https://www.gov.uk/parents-learning-allowance>

General Support:

Childline

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Parenting Support from Family Help (Leicestershire County Council)

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- <https://www.familyhubsleicestershire.org.uk/>

INTERNATIONAL STUDENT PARENTS

General Support:

Citizenship of your Child if born in the UK while studying:

It is important to note that if your child is born in the UK while you are studying, they are NOT automatically considered a British citizen.

For more information on British citizenship, please visit:

<https://www.gov.uk/browse/citizenship/citizenship>

Getting British citizenship for children (Citizen's Advice)

If you want to get British citizenship for your child, you can apply to 'register' them as a British citizen. Registering is a way of applying for British citizenship.

- <https://www.citizensadvice.org.uk/immigration/getting-british-citizenship/getting-british-citizenship-for-children/>

SINGLE PARENT FAMILIES

General Support:

Gingerbread

Support for single parent families to live secure, happy and fulfilling lives.

- <https://www.gingerbread.org.uk/>



RESOURCES FOR DISABLED CHILDREN

General Support:

Contact

Support, advice and information for families with disabled children.

- <https://contact.org.uk/help-for-families/information-advice-services/>
or 0808 808 3555

Financial Support:

Tax-Free Childcare (UK Government)

This bursary can help with the cost of paying for childcare.

- <https://www.gov.uk/tax-free-childcare>

UNIVERSITY OF LEICESTER'S STUDENT SUPPORT SERVICES

At the University of Leicester, we stand together to support our students. Whether you need financial or study advice, or have experienced bullying or harassment, we're here to help. From the moment you arrive until the day you graduate, all our Student Support Services are available to ensure you get the most out of your time at Leicester.

Carers and Parents Network:

The University of Leicester operates the Parents and Carers network, which supports student parents, hosts information workshops, social events, and which meets regularly.

- <https://le.ac.uk/study/wellbeing/support-services/carers/carers-and-parents-network>

Student Welfare Service:

Student Welfare Officers provide specialist advice on issues including: Finances and budgeting; Student Finance; Benefits; and Personal circumstances.

- Please contact 0116 223 1780 or email wellbeing@le.ac.uk for more information

Student Wellbeing Service:

The Student Wellbeing Service is a free, confidential and professional service which offers wellbeing support for registered students at the University of Leicester.

- Please contact 0116 223 1780 or email wellbeing@le.ac.uk for more information



UNIVERSITY OF LEICESTER HEALTH & SAFETY SERVICES

Safety of Children and Young Persons:

This policy document considers the needs of the children, young persons, parents and the University's staff and students. The University of Leicester will take reasonably practicable measures to ensure the safety of children and young persons on its premises and that they are protected from harm.

- [UHSP-19a Safety of Children on University Premises](#)

UNIVERSITY OF LEICESTER RESOURCES

This SharePoint link details further information that may be helpful for student parents.

- [Support for Staff and Student Parents](#)

