

Would you like peer support as you return from parental leave?

The Wolfson Institute of Population Health has a new *Parental Leave Peer Support Scheme* to offer informal peer support to those returning to work after parental leave.

To be matched with a parental leave peer please sign up here: [Parental Leave Peer Request Form](#)

It can be difficult to navigate the decisions surrounding return to work following parental leave alongside adapting to a new or changed family life. Staff returning to work can sometimes feel overwhelmed in navigating new work-life challenges. Peer support is vital in helping staff find their feet, feel included, and ensuring that career progression alongside a family is the norm rather than a challenge.

In one-to-one meetings (either in person or online), parental leave peers will provide informal support to help you navigate the decisions and processes about when to return to work, in what capacity, gain tips on practical work-life balance, direct you to further support and options for flexible working.

These meetings will not replace formal line manager discussions or formal HR guidance, but will be an opportunity to share experiences, and talk through options informally and in confidence.

Eligibility	<ul style="list-style-type: none"> • Staff or PhD students (any gender) • Intending to take parental leave in next 6 months OR returning from parental leave in past 18 months • The scheme is also open to those who have experienced pregnancy loss
Duration and frequency of support	<ul style="list-style-type: none"> • Support will be offered for 18 months. Support over a longer term is welcomed but should be by arrangement by both parties. • A flexible arrangement of approximately 1 hour per month.

If you have any questions, please contact Suzanne Scott (suzanne.scott@qmul.ac.uk) or WIPH-admin@qmul.ac.uk