

The Angell family need an au pair to start in September 2021 through to July 2022. Please contact us by email initially: joseph.angell@yahoo.co.uk or anna_angell@yahoo.co.uk

Introduction

Hello! We are a family of five living in rural north Wales in the UK.

We are a Christian family and we enjoy having fun together and going on adventures. We are looking for an au pair to help with looking after the children before and after school as Anna (mum) has recently developed chronic fatigue syndrome (ME) and can no longer do this. Anna has to rest and sleep a lot as this is key to her being able to recover. Joe (dad) works locally full time as a vet.

We are enthusiastic about hosting an au pair from another culture or from the UK and look forward to the experience broadening all our lives. We hope an au pair would gain a similar experience and would feel welcomed into our family and be able to be themselves. We encourage free thinking debate and expression in our children and hope the au pair would feel able to contribute their own thoughts, values and experiences.

We all speak English and Anna and the children also speak Welsh.

Our family

We are a Christian family and this impacts all aspects of our lives.

Joe (37) is a vet and works in the local area. He loves being a dad and spending time with his children and he also enjoys outdoor activities especially rock climbing, mountaineering and running.

Anna (36) has recently developed chronic fatigue syndrome (ME) and can no longer do this. Anna has to rest and sleep a lot as this is key to her being able to recover. She loves being with her children when she is able to. She also enjoys spending time with friends and family, poetry, literature and music.

Heddwyn (10) will be in year 6 (last year of primary school) and is a delightful young man. He likes playing with his sisters and friends, and playing football and computer games. He is really interested in history and is often surprising in what he knows. He is also learning the drums alongside Elena.

Elena (7) will be in year 3 at primary school. She is sensitive, adventurous, creative and fun. She loves playing with her siblings, going on an adventure with dad and doing craft activities. She is also learning the drums and really enjoys doing this.

Betsan (4) will be in reception class at school. She is a funny character and is full of life. She is very sociable and enjoys playing with her siblings. She loves drawing and doing craft activities.

Our living situation

We live in a detached house with a garden in a small hamlet in rural Wales, UK. It is quiet and peaceful with beautiful views over the countryside. There are farm animals nearby grazing the fields and there are many places to walk and experience nature directly from the house.

An au pair would have their own room with a beautiful view of the hills and surrounding fields. The room is furnished with a bed, cupboards, small bedside drawer unit, a chest of drawers, a desk and chair, and an arm chair.

Our region

We live a few miles from the rural market town of Ruthin which has lots of amenities and where Joe is based for his work. We are about 45 minutes from the nearest city Chester and another large town Wrexham. We are about 45 minutes drive from the Snowdonia National Park where there is plenty of outdoor recreation including Wales highest mountain, Snowdon, and about 45 minutes drive from the nearest beach.

What we do in our free time

We like to spend time together as a family, although currently due to Anna's ill health she is less able to join in than she used to. We go for walks, ride bikes, go to the beach, go to the children's playground, play board games and do craft activities. Joe sometimes takes the older two children rock climbing.

Joe likes to rock climb and run in the outdoors.

Anna, when she is feeling up to it, likes to spend time with friends and family, reading poetry and other literature, and listening to music.

Heddwyn likes to play computer games and he enjoys reading and listening to stories. He likes riding his bike and playing football. He is especially interested in history and has quite a detailed knowledge which can be quite surprising! He loves playing with Elena and Betsan as well as his friends. He is learning the drums alongside Elena.

Elena loves any adventure and is keen to go with Joe climbing and camping. She loves craft activities and reading, she paints and is often making something out of the recycling. Elena is

learning the drums and really enjoys this as well. She loves playing with her siblings and also enjoys baking.

Betsan is fond of playing with her siblings but also enjoys make believe games and craft activities. She loves drawing and painting and also playing board games.

Our daily routine

We like to spend time together as a family, although currently due to Anna's ill health she is less able to join in than she used to. We go for walks, ride bikes, go to the beach, go to the children's playground, play board games and do craft activities. Joe sometimes takes the older two children rock climbing.

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Tasks, schedule and pocket money

Monday to Friday

06:45 - 08:45

Get the children up, breakfasted and ready for school. The school transport collects them around 08:15-08:30.

Some light cleaning/tidying up would be required including washing up, sweeping the floor, loading/unloading the washer/tumble dryer, light hoovering.

08:45 - 15:30

Free time!

15:30 - 19:30

Be home to receive the children from the school transport.

Prepare a simple meal for the children and Anna to eat at 17:30. Tidy up after this e.g. washing up, wiping the table etc.

Up to three days a week transport one or other of the children to and from after school activities using the car provided.

Supervise the children washing and preparing for bed. Betsan will need help with washing, drying, dressing and doing her teeth. She will also need putting to bed around 18:30.

Several days each week pack lunches will also need to be made for the following day.

Anna will usually want to be involved to some degree with this part of the day but it will very much vary with what she can manage day to day.

Most weekends would be free time. However, an au pair would be required to work looking after the children 07:00 - 19:30 Saturday and Sunday 5 weekends a year (pro rata) when Joe is working a weekend. Other weekends would be covered by friends and family.

We will pay the au pair £90.00 per week from September to July. They would be able to take 4 weeks paid holiday per year to be taken to coordinate with our needs. Any additional hours would be mutually agreed and paid at £4.00 per hour.

All meals eaten in the home will be provided and all utility bills paid for except mobile phone. A car (automatic transmission) will be available for use by the au pair as part of their work. They will also be able to make use of it privately including weekends. A fuel allowance will be provided each month to cover all the driving needed for work and some private use. Any additional fuel used in excess of this allowance will need to be paid for by the au pair.

The au pair would have their own private room as detailed above.

Other things an au pair should know

Anna has chronic fatigue syndrome (ME) and needs to spend a lot of time asleep or resting with her feet elevated. She experiences severe fatigue and pain. She does not need any specific care.

Both Anna and Elena have coeliac disease which means they have a severe allergy to gluten (wheat, barley, rye and oats). The kitchen is set up to facilitate this but we often all eat gluten free meals in order to make this simpler.

We would really hope an au pair has a positive experience with us and would want to facilitate this in any way that we could where possible.