

About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

How to Contact us

ICYC

The Exchange
Watkinson Road
N7 8DE

T: 020 7272 6933

E: icyc@family-action.org.uk

www.family-action.org.uk

If you feel you need support you can contact us directly to self-refer or find out more.

ICYC is funded by Islington and Camden Councils



ISLINGTON



Camden



Family Action Islington & Camden Young Carers Service: ICYC

Supporting young carers
and their families



Professionals

Family Action Head Office

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Executive: David Holmes CBE

Vice Patrons: Christine Davies CBE. Dr Andrew McCulloch. Dame Denise Platt DBE. Katie Vanneck-Smith. Professor Harriet Ward CBE.

www.family-action.org.uk

Who are Young Carers?

Young Carers are young people (under 18) who provide care to another family member because they have a physical illness or disability, mental health illness or a drug or alcohol problem?

Young Carers are a vulnerable group & can experience difficulties in a number of areas if not supported;

- Education, training or employment opportunities
- Mental & Physical Health
- Social Development
- Self-Esteem

It is everybody's responsibility to identify and support Young Carers...are you?

If you are working with children, young people or families you are well placed to identify and support young carers. Similarly if you work with adults who have a physical illness or disability, mental health illness, or drug or alcohol problem you need to consider whether they have children who are undertaking a caring role and if so what you can do to support them.

"I was able to talk about issues, it was very important as there were lots of issues! I felt relaxed, listened to and supported and it gave me my self confidence back."

"Understanding my Mum's illness has helped me not to worry so much."



How can we help?

The Islington and Camden Young Carers Service (ICYC) works with young carers, their families and professionals. We work to build on each family's strengths, combining practical and emotional support to achieve agreed outcomes. We can offer whole family support, targeted group sessions and offer consultation advice and resources for services and professionals across both boroughs.

Whole Family Support
(Up to 6 months intervention with fortnightly contact)

Targeted Groups
(12 groups per year focusing on key areas such as: Mental Health, Self-Esteem)



"My mentor was patient with me and supported me in everything I did."

"The only service that has ever supported me is the young carers; they have listened to what I am saying and been there for us."

"I am actually now getting on with my life and not giving up."

"My life has changed massively, I have now got time to deal with my problems before they become bigger part of my life."

How to make a referral?

If you are working with, or identify a young carer who is in need of targeted support then contact us to discuss a referral or seek advice. If we are best placed to offer support we will send you a referral form for completion.

To avoid duplication and make sure we are all working to the same objectives, we will also ask that you send a copy of your most recent service assessment/plan.

Outreach Support

ICYC can offer consultation and advice for professionals to help them identify and support young carers within their role or setting.



We can come to speak at your team meeting, offer workshops for staff, help you think about how you can identify and support young carers better, or share assessment tools and resources for you to use with children, young people or families.

If you feel this would be useful then please contact the team for more information.