

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?

T: 020 45427749

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



Family Action

Islington & Camden Young Carers Service: ICYC

Supporting young carers and their families





Are you a Young Carer?

Are you a young person (under 18) who helps to care for someone in your family because they are ill or have a disability, mental health illness or a drug or alcohol problem?

How do we do it?

We will visit you in your home, or at a place, you choose and work to:

- Find out about your caring role and your family
- Listen and find out what you each want to see change
- Help you and your family set goals and work to achieve them
- Work with you to help reduce your caring role & make caring easier to cope with

Do you ever?

- Feel stressed, or like you can't cope?
- Struggle to concentrate at School?
- Feel like you have to deal with things on your own?

Anything else?

How can we help?

- Whole-Family Support
- Information & Advice
- 1:1 support sessions
- Onward referrals for additional service support & advice

“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.“

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

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

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



“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.“