

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.



Family Action Islington & Camden Young Carers Service: ICYC

Supporting young carers and their families

How to Contact us

ICYC- Family Action

32 Wharf Road
London
N1 7GR

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



**Building
stronger
families**

Councils



info@family-action.org.uk www.family-action.org.uk
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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 have trouble 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.

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 offer assessment and whole family support, alongside consultation advice and resources for professionals across both boroughs. We also facilitate Kidstime Workshops – for families affected by Parental Mental Illness.

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.

Email icyc@family-action.org.uk for more information.



“Understanding my Mum’s illness has helped me not to worry so much.”

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

“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.”

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.”



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.”