

# 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

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[www.family-action.org.uk](http://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

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# 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?



### Do you ever?

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

If so, we may be able to help.

### How can we help?

Our service works with young carers and their families. We will help you to think about what support you might need to stay happy and healthy and what steps you can take to achieve the goals you want to.

### What do we do?

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 want to see change
- Work with you to help reduce your caring role & make caring easier to cope with
- Help you set goals and work to achieve them

### Anything else?

We can also offer:

- Fun and creative groups
- Information and advice
- A chance to get your voice heard!

## What do young carers and their families think about ICYC?

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

**"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."**

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

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

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

**"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."**

