

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

## How to Contact Us

If you are interested in our service and would like to find out more, please contact us at:

Family Action Waltham Forest  
Community Place  
806 High Road  
Leyton E10 6AE

Telephone: 020 8539 0004

Email: [wfyoungcarers@family-action.org.uk](mailto:wfyoungcarers@family-action.org.uk)

### Opening times:

Monday to Friday: 10am - 5pm

### Directions:

Bus

W16, 69 or 97 stops outside.

Train

Leyton Underground then bus 69 or 97.

Walthamstow Central then bus 69 or 97.

The logo for Family Action, featuring the words "family" and "action" in a bold, lowercase, sans-serif font. The text is white and is set against a white, rounded rectangular background that is tilted at an angle. The background of the entire page is a repeating pattern of small, stylized family icons in a light yellow color.

Family Action  
Waltham Forest  
Young Carers

Providing support and advocacy for Young Carers

### Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251

Fax 020 7249 5443 [info@family-action.org.uk](mailto:info@family-action.org.uk) [www.family-action.org.uk](http://www.family-action.org.uk)

Registered charity n° 264713.

supporting families since 1869

## About Our Service

Are you 18 years old or under?

Do you help to care for someone in your family because they are disabled, have a mental health problem or drug/alcohol issues?

Do you have to help with tasks at home such as:

- Looking after younger brothers and sisters
- Reminding the person you support to take medication or keep appointments
- Helping with washing and dressing
- Giving emotional support

Do you worry about the person you care for?

Does your family have problems with money, getting work or benefits?

Do you have less time than your friends to do things you enjoy?

Do you have difficulties at school or college, or are you being bullied?

Do you feel isolated or different from other young people?

If so, the Family Action Young Carers Service in Waltham Forest is here for you.

## What We Offer

We offer young carers:

- A chance to meet other young carers and have fun at our regular group sessions.
- Opportunities to go on outings or take part in new activities.
- Workshops on issues affecting young carers.
- Groupworkers who are available to offer information, advocacy, emotional support and help to access other services.

## How We Work

We promise...

- To treat you with respect.
- To ask you directly about the support that you need.
- To keep confidential all the things that you tell us unless it involves harm to yourself or someone else.
- To give you access to the information we hold about you and your family.
- To ask your views on the way that the project should involve you and how the project is run.
- To be sensitive to your culture, ethnicity and religion.