

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.

Islington Young Carers Service provides services for young carers and their families.

Young carers are young people who help to care for someone in their family because of mental illness, physical illness, disability or drug alcohol issues.

Young carers often :

- Miss out on seeing friends, going out or having fun.
- Have no time for school/course work, are late/miss school/college.
- Spend time worrying and getting stressed.
- Get bullied/feel isolated.

How to find us

Islington Young Carers Family Action

608 Holloway Road, London N19 3PH

Buses: 17, 43 and 271. Alight at junction of Holloway Road and Fairmead or Alexander Road. Ask for Alexander Road or Manor Gardens bus stops.

Overground train: Upper Holloway Road Station

Underground train: Archway (Northern Line)
Or Holloway Road (Piccadilly Line)

How to contact us

Tel: 020 7272 6933 Fax: 020 7272 5605

islington.youngcarers@family-action.org.uk

Islington Young Carers

is funded by Islington Council



Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251
Fax 020 7249 5443 info@family-action.org.uk www.family-action.org.uk
Registered charity n° 264713.



Family Action Islington Young Carers

For young carers aged up to 25 years old

supporting families since 1869

What can you expect?

We will meet you as soon as we can. We will find out about the caring you do, the whole family situation and what we can do to help reduce your caring role, or make caring easier to cope with.

We will help you set goals that you would like to achieve and try to help you and your family achieve them.

The workers speak several languages and if you need translation or interpreting we will provide them.

A confidential service

We are an independent organisation with close links with many services. Conversations you have with us will be confidential within the team; no information will be passed on without your permission. The only exception is where you, a child or another adult is considered to be at risk.

What do we offer?

Time to have fun in groups, or on outings.

Holiday activities with other young people who have similar experiences to you.

Workers who will be there to listen if you want to talk.

We can help you talk to professionals and get your views heard or introduce you to other useful services.

Work with you and your family to reduce your caring role.

We have a mini-bus to do pick ups and drop offs, for under 16's, in the Autumn and Winter terms.

Contact us on: **0207 272 6933 / 07952479540**

or email:
Islington.youngcarers@family-action.org.uk

Who are we?

Young Carers Service is managed by Family Action, a national charity.

We support people whatever their race, religion, age, gender, sexual orientation or ability.

Tell us what you think

We want to hear what you think about our service. Please tell us what we do right and what we could change to make the service better.

If you are unhappy with the service please speak to your key worker or to our coordinator at the address on the front of this leaflet.

We would like you to be involved with how the service is run. Please let us know if you would like to help.