



## Young Carers star in new film to support other young carers

Young carers from Family Action's Young Carers Support Services in Islington and the Royal Borough of Windsor and Maidenhead are starring in a new film "Supporting Young Carers". The short film, made by the Community Advance Project in partnership with the charities Family Action and Barnardo's, includes interviews with the young people sharing their stories about being a young carer, including the challenges they experience. Experts from Barnardo's and Family Action also talk about the issues affecting this group of young people and give advice to help young carers, their families and the professionals who they may come into contact with.

Young carers are some of the most vulnerable groups of people in society and often feel isolated and alone. "Supporting Young Carers", available on YouTube and in DVD format, gives young carers the opportunity to hear from peers talking about how they cope with caring and gives advice to help them look after their own mental wellbeing and to seek the support they need from family and professionals. In addition, it can be used by teachers, social services, health professionals and other service providers to help them support young carers in a variety of ways including being used to train staff to help identify young carers. The film is also available to schools to show to their pupils - helping them to understand the issues faced by their peers who have a caring role as well as helping young carers, especially those who are 'under the radar'. The film gives advice on where they can go for support and we hope they will see they are not alone and are encouraged to seek the help they need.

Suj Ahmed, Director, Community Advance Project said:

*"Young Carers can often feel neglected and isolated at a crucial period in their lives, which can have a detrimental effect on their mental wellbeing and self-esteem. Community Advance Project chose to make a film to raise awareness about the issues faced by young carers and offering advice as it is important that more people know about young carers and their experiences especially professionals. It is particularly important schools and health care professionals are aware of the needs of young carers and how they can support them."*

Rachel Trotter, National Lead, Young Carers, Family Action said:

*"Supporting Young Carers" is such a great resource. With little time to do homework, coursework or socialise with friends, many young carers feel isolated and lonely. Without support, their educational achievement and development can be significantly affected and there can be a negative impact on the young person's mental health and wellbeing. The film shows young carers that they are not alone. There are other young people going through the same experiences who they can identify with, which is so important to children and young people. As well as raising awareness of the issues faced by young carers, it gives useful advice on where to get help and crucial information for professionals especially on how to identify young people who have a caring role and how best to support them."*

"Supporting Young Carers" can be viewed at <https://www.youtube.com/watch?v=GD0p0hni8cA>  
For further information about the film, please contact [community\\_advance@yahoo.co.uk](mailto:community_advance@yahoo.co.uk)

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**Notes to Editors:-**

**About Family Action**

Family Action is a charity committed to building stronger families and brighter lives 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.

Our work is wide-ranging and includes help for parents-to-be, the provision of many Children's Centres in local communities, intensive family support, emotional health and wellbeing services, counselling, mediation and therapies, support in schools and financial grants programmes. Family Action is also recognised as a leading provider of training.

**Registered Charity Number: 264 713**

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

**Twitter: @family\_action**

**Facebook: familyaction**

**Instagram: family\_action**

**LinkedIn: [company/family-action](https://www.linkedin.com/company/family-action)**

**About Community Advance Project**

Community Advance Project is a registered charity working across London to develop and engage communities, particularly vulnerable or marginalised people, and working to positively impact on social issues. We endeavour to make community engagement meaningful for all parties, helping to build long term relationships.

Over the past few years we have specialised in DVD Production on a range of mental wellbeing issues. Our other areas of work are Older People, Health, Refugee and Migrant Integration, Young People, Intergenerational Work, Organisational Support and Capacity Building, Training, and Research.

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