

Young Carers

A young carer is a person under the age of 18 who take on a caring responsibility for a family member due to them having a physical illness or disability, difficulties with their mental health, a learning disability, sensory impairment, substance misuse problems or frailty/old age.

The person requiring care could be a parent, sibling or grandparent and the term “care” can cover many different areas of support including, but not limited to:

- Domestic – cleaning, cooking, shopping
- Personal – helping the person to dress and undress, wash and use the bathroom, helping with mobility.
- Emotional - providing company and emotional support
- Sibling care – responsibility for looking after siblings either alone or with a parent present.

There are approximately 3,800 Young Carers across the boroughs of Islington and Camden, with an average of 1 in 12 pupils being a young carer. Young Carers are a vulnerable group & can experience difficulties in a number of areas if not supported;

- Education, training or employment opportunities
- Mental & Physical Health
- Social Development
- Self-Esteem

Islington and Camden Young Carers Service, Family Action are working with schools across Camden to support staff in being able to identify and support young carers, as well as to raise awareness amongst pupils.

As your child is home educated we wanted to make you aware of Islington and Camden Young Carers Service (ICYC) so that if your child is a young carer they are able to receive the same support that they would if they were in a school setting.

ICYC works with young carers and their families. We work to build on each family’s strengths, combining practical and emotional support to achieve agreed outcomes. Apart from offering whole family support we also offer information and advice, signposting and targeted groups sessions, which are fun and creative groups focussing on issues relevant to young carers, children and young people.

Here is a bit about what young carers and their families are saying about ICYC

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

If you would like to learn more about Islington and Camden Young Carers’ Service or make a self-referral please contact a member of the Young Carers team at: 020 7272 6933 or ICYC@family-action.org.uk.