

Date: 9th April 2026

Carers Active Together on 15th April

Carers UK is encouraging unpaid carers to take part in Carers Active Together on 15th April, a national day of action focused on promoting physical activity, wellbeing and connection.

Colleagues are invited to take part in a way that suits them, whether that is a short walk, joining an online session or taking time to focus on their own wellbeing.

The initiative aims to support carers to stay active, connect with others and prioritise their health.

Further information and resources are available on the [Carers UK website](#).