

Carers Active Together promotional pack– organisations

This promotional pack will help you raise awareness of our Carers Active Together day and your participation in it. In this pack you will find suggest social media copy and graphics, email copy, a certificate for participants, checklists and more. You can support our programme on your social media channels, using the hashtag #CarersActiveTogether or #CarersActive.

Suggested social media copy

 Mark your calendars for the 15 April!

Carers Active Together is a national day of celebration for carers and the power of movement. Across the country, organisations and carers will unite to make being active accessible and enjoyable for unpaid carers in the UK.

Find out more here  <https://go.carersuk.org/CarersActiveTogether>

--

There are lots of ways to get involved in Carers Active Together!

Visit <https://go.carersuk.org/CarersActiveTogether> to find resources and information

--

We're proud to be supporting Carers UK's Carers Active Together day this April.

Join us for [insert activity/ time/ place] to get moving and celebrate physical activity for carers

Find out more here  <https://go.carersuk.org/CarersActiveTogether>

--

Join us in helping carers get active by taking part in Carers Active Together on 15 April!

Find out more here  <https://go.carersuk.org/CarersActiveTogether>

--

When you're caring for someone, it can be difficult to find time to look after your own health. That's why #CarersActiveTogether is here to help you get started and stay motivated. Join our [insert session you are holding] <https://go.carersuk.org/CarersActiveTogether>

--



67% of unpaid carers said taking part in physical activity helped them feel more connected to other people.

We are joining Carers UK for Carers Active Together on 15 April by holding [insert activity] to ensure all carers feel they are able to prioritise their wellbeing.

<https://go.carersuk.org/CarersActiveTogether>

--

73% of carers said being physically active makes them feel good about themselves.

We want to encourage all carers to take time for their wellbeing. Join us on 15 April for Carers Active Together with Carers UK by joining [insert activity]


<https://go.carersuk.org/CarersActiveTogether>

--

Today is the day!

#CarersActiveTogether is here and we're excited to hear all about how you are getting involved today.

<https://go.carersuk.org/CarersActiveTogether>

Tell us what you have planned in the comments 

--

Carers Active Together is here

We will be holding [insert an activity]

What will you be doing?

<https://go.carersuk.org/CarersActiveTogether>

--

We're so excited to be taking part in Carers Active Together, a day all about promoting movement, wellbeing and the power of community for unpaid carers across the country.

<https://go.carersuk.org/CarersActiveTogether>

--

Social media graphics

Graphics for use on social media can be [downloaded here](#).

Please note: by downloading and using any logo or icons the user agrees not to adapt in any way, or use in a way that could be seen as detrimental to Carers UK.

Alt text

Image	Alt text
Landscape 1	White background with text "Save the date" at the top. Below, a red circular design encloses the words "Carers Active TOGETHER," with "Active" in bold red. The date "15 April 2026" is centered at the bottom. Red curved lines with circles decorate the corners.
Landscape 2	White background with text "Move with us" at the top. Below, a red circular design encloses the words "Carers Active TOGETHER," with "Active" in bold red. The date "15 April 2026" is centred at the bottom. Red curved lines with circles decorate the corners.
Landscape 3	White background with text "Get involved" at the top. Below, a red circular design encloses the words "Carers Active TOGETHER," with "Active" in bold red. The date "15 April 2026" is centred at the bottom. Red curved lines with circles decorate the corners.
Landscape 4	A group of people sitting on chairs perform a seated exercise with arms raised in a room. The text reads "Move with us" and "Carers Active Together," with a date "15 April 2026." A red and white logo and design elements are on the left.
Landscape 5	A group of people sitting in chairs with arms raised in a bright room. Text on the left reads "Save the date" and "15 April 2026" with a circular logo saying "Carers Active Together" in red.
Landscape 6	A woman is sitting on a blue yoga mat in a living room, performing an exercise with her arms raised. Text on the left reads "Get involved" and "Carers Active Together," with a date "15 April 2026." The design features red circles and lines.
Landscape 7	A group of people seated in a room, raising their arms in unison. On the left, text reads "Get involved" with a red circle logo stating "Carers Active Together" and the date "15 April 2026."
Landscape 8	A group of people seated on chairs in a bright room, raising their arms during an exercise session. Overlay text on the left reads "Get involved" above a logo for "Carers Active Together," with the date "15 April 2026" below. A red wavy line with circles connects the text elements.
Landscape 9	A group of people, seated on chairs in a bright room, raise their arms in a synchronized exercise. The overlay text reads "Sign up today," with a circular logo for "Carers Active Together," and "15 April 2026" in white letters. A red, curvy line with circular nodes decorates the image.
Landscape 10	A group of smiling people in a swimming pool wave their hands. The background shows a poolside area with seating. Overlaid text reads "Save the date" and "15 April 2026" next to a circular logo with the words "Carers Active Together."
4x5 1	White background with text "Save the date" at the top. Below, a red circular design encloses the words "Carers Active TOGETHER," with "Active" in bold red. The date "15 April 2026" is centred at the bottom. Red curved lines with circles decorate the corners.
4x5 2	White background with text "Move with us" at the top. Below, a red circular design encloses the words "Carers Active TOGETHER," with "Active" in bold red. The date "15 April 2026" is centred at the bottom. Red curved lines with circles decorate the corners.
4x5 3	White background with text "Get involved" at the top. Below, a red circular design encloses the words "Carers Active TOGETHER," with "Active" in bold red.

	The date "15 April 2026" is centred at the bottom. Red curved lines with circles decorate the corners.
4x5 4	A group of people walking together outdoors on a sunny day, some using canes. Trees and a brick wall line the path. Above, text reads: "Get involved. Carers Active Together. 15 April 2026," with a circular logo design.
4x5 5	A smiling woman is participating in a water exercise class in a swimming pool. Above her, the text reads "Save the date," with "Carers Active Together" inside a red circular design. The date "15 April 2026" is displayed in bold below the logo.
4x5 6	A smiling woman is participating in a water exercise class in a swimming pool. Above her, the text reads "Move with us" with "Carers Active Together" inside a red circular design. The date "15 April 2026" is displayed in bold below the logo.
4x5 7	A smiling woman in a pool raises her arm during a fitness class. Behind her, other participants are visible in the water. The image features a logo reading "Carers Active Together" and the text "Move with us, 15 April 2026" overlaid at the top.
4x5 8	Group of people seated with arms raised, participating in a fitness class. The overlay text reads "Carers Active Together" with the date "15 April 2026,"
4x5 9	Two individuals walking and chatting outside a brick building. One is wearing a dark jacket and beanie, the other a gray cap and red shirt. The overlay text reads "Carers Active Together" with the date "15 April 2026,"

Carers UK social media handles:

X - @CarersUK

Instagram - @Carers_UK

Bluesky - @carers-uk.bsky.social

Threads - @carers_uk

Facebook – Carers UK

LinkedIn – Carers UK

Copy for newsletters and email updates

You can find a banner to download for your emails [here](#).

Subject line: Be part of the biggest day of physical activity for carers!

Preview text: Come together in the name of community, wellbeing and movement...

Body copy:

On 15 April, Carers UK is leading the biggest day of physical activity for carers: Carers Active Together!

Looking after someone else can leave little time to look after yourself, and we know that often the first thing to slip is prioritising your own physical wellbeing.

That's why Carers Active Together is designed to encourage carers to move in their own way and raise awareness of the importance of physical activity, community and wellbeing as a carer.



OPTIONAL: In support of Carers Active Together, on 15 April, we are proud to be hosting a carer friendly session...

- *Information about the session your running*
- *Who can attend*
- *How to sign up*

Want to be part of this national day of action?

For more details about how you can contribute to the record-breaking day visit Carers UK's website: <https://go.carersuk.org/CarersActiveTogether>

Checklist

Find a helpful checklist for planning your event [here](#).