



## 2026 English local elections social media pack

This year, local elections are taking place across over a third of all English councils, with 4,850 seats up for election. We have developed this social media pack for your use to help highlight the issues unpaid carers are facing.

For more information, please refer to our [campaigner pack](#) which includes further information on the local elections. Below are links to our resources if you would like to share them on social media in your own posts:

**Carers UK's manifesto:** <https://www.carersuk.org/media/h01d2a2k/a-carers-manifestov2.pdf>

**Campaigner pack:** <https://www.carersuk.org/news-and-campaigns/our-campaigns/local-elections-in-england/>

### Suggested posts for social media

We have included space in these posts to include your local area, which is noted in red. You can use [this link](#) if you would like to confirm this.

*Unpaid carers play a vital role in our communities – without us local health and care systems would simply no longer cope. For the #LocalElections2026, I want to see my candidates commit to support unpaid carers in **YOUR AREA**, pledging to take action on the manifesto produced by @CarersUK. <https://www.carersuk.org/media/h01d2a2k/a-carers-manifestov2.pdf>*

*I want to see my local candidates for the #LocalElections2026 pledge to support unpaid carers. The manifesto @CarersUK have developed should be read by every candidate, and they should commit to investing in services to support me and my fellow carers. <https://www.carersuk.org/media/h01d2a2k/a-carers-manifestov2.pdf>*

*Carers are reaching breaking point – it is time for councils to use the #LocalElections2026 to refresh their local carers strategies and commit to ensure every carer is identified and supported. I'd ask all carers to join the campaign @CarersUK are running and take a look through their campaigner pack. <https://www.carersuk.org/news-and-campaigns/our-campaigns/local-elections-in-england/>*

*Many carers are seeing access to local support and services dwindling – and that is just those who have actually been identified. The #LocalElections2026 must be used as an*



opportunity to reverse the trend many are seeing, and commit to identifying and supporting all unpaid carers in **YOUR AREA**.

I'm going to be supporting the campaign by @CarersUK this #LocalElections2026 by letting my local candidates know that I expect them to fully commit to identify and support unpaid carers in **YOUR AREA**. Join me by using their campaigner pack and make it clear that we matter and deserve the support we are entitled to.

<https://www.carersuk.org/news-and-campaigns/our-campaigns/local-elections-in-england/>

The #LocalElections2026 are coming up on May 7 – I've registered to vote and will be letting my candidates know that I expect them to pledge to support unpaid carers. I'd encourage all other carers to do the same, and register to vote before the deadline on the 20<sup>th</sup> of April. <https://www.gov.uk/register-to-vote>

## **Social media handles to tag Carers UK**

If you would like to mention us in your posts on social media, please use the following handles for the corresponding social media platforms.

**X** - @CarersUK

**Instagram** - @Carers\_UK

**Bluesky** - @carers-uk.bsky.social

**Threads** - @carers\_uk

**Facebook** – Carers UK

**LinkedIn** – Carers UK