***TO BE AMENDED***

**[Insert issue date]**

**SPRING [PHYSICAL ACTIVITY SESSION] TO BOOST CARERS’ HEALTH**

**[*Group name* xxxx]** is encouraging unpaid carers – those supporting relatives or friends who are older, disabled or seriously ill – in **[name local area]** to come along and take part in **[*detail of physical activity session*]** on **[*date/location*]** as part of Carers Active April.

Carers Active April is a month-long campaign encouraging and supporting unpaid carers to become more physically active in an affordable, accessible and achievable way.

Research by the charity Carers UK shows how important being physically active is to carers, with 73% saying that being physically active makes them feel good about themselves and helps them to feel more connected to other people.

However, three quarters of unpaid carers (76%) are not able to do as much physical activity as they would like because of the pressures of their caring role.[[1]](#footnote-1) Many want to know how to build this into their busy lives. Only 14% of carers are active, compared to 54% of all adults, and nearly 75% of carers don’t feel able to access local sport and leisure facilities.

Carers Active April will build on many local events towards a UK-wide Carers Active virtual *Healthathon* on Saturday 29th April– a day of enjoyable, inclusive online sessions that unpaid carers and those they care for can also sign up to attend. The first 500 to sign up to the campaign will also receive an exclusive free Carers Active April Starter Pack and can access a fun movement challenge throughout April to help them start, or continue, to be active in a way that works for them.

**[Name] of [Group/organisation name] said:**

[Insert group’s quote about the activity being held]

**[Name],** an unpaid carer in **[local area] said:**

[Insert carer quote -“I really enjoy taking part in [detail activity] because it gives me a sense of wellbeing and physical achievement.]

**Helen Walker, chief executive of Carers UK, which is leading Carers Active April, said:**

“Unpaid carers have had an extremely challenging time over recent years, looking after their loved ones through the Covid-19 pandemic and cost-of-living crisis with little time for themselves. Many have seen their physical health impacted by their caring responsibilities. Carers Active April is a great opportunity for carers to get involved in some physical activity that is right for them – that is manageable, helps improve their health as well as their sense of happiness and connection with others.”

The Carers Active campaign is funded by Sport England through the National Lottery and is run by Carers UK. It is part of the ongoing Carers Active project which aims to make it easier for more of the UK’s estimated 5.7 million unpaid carers[[2]](#footnote-2) to be more physically active and feel the benefits of moving more.

Unpaid carers can sign up to the [Carers Active mailing list](https://forms.office.com/Pages/ResponsePage.aspx?id=hxYBMmZjREOWSPmG8n8ZmABVfiU5dK5PkHxa3fMv7ZxUMDVLU1BBV0NPUUhSOFNHWVNMQkpSS1ZRNS4u) to receive updates about Carers Active April. Whether you’re an unpaid carer or a carers organisation, you can also visit the [Carers Active Hub](https://www.carersuk.org/help-and-advice/activity-hub) , which is full of ideas, features, resources and stories from other carers sharing their own experiences.

- ENDS -

**Notes to Editors**

All statistics related to carers and physical activity are from Carers UK’s report, [Carers & physical activity: A study of the barriers, motivations and experiences of unpaid carers aged 55 and over in England.](https://www.carersuk.org/media/rr2lwmxg/carers-and-physical-activity-report.pdf) Published in May 2021.

[Insert details of your organisation and a contact person for interviews]

[Insert website link]

1. [↑](#footnote-ref-1)
2. The 2021 census figures show there are 310,75 unpaid carers in Wales, 4,678,265 in England and 222,200 in Northern Ireland. The Scottish census figures are due to be published later in 2023 - the 2011 census puts the number of carers in Scotland at 492,231. Using these figures Carers UK estimates there are 5.7 million unpaid carers in the UK. [↑](#footnote-ref-2)