

Carers Rights Day 2025 social media pack

Social media graphics

Graphics for use on social media can be downloaded [here](https://drive.google.com/drive/folders/1GT_kgWpK01ZH_d3tvzoGRqLyyeyc0MOn?usp=sharing).

Social media suggested copy

🗓️ Save the date #CarersRightsDay 2025!

This year’s theme is ‘Know your rights, use your rights’.

Get involved and help to make sure more carers are aware of their rights and feel empowered to use them.

Thursday 20 November

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

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There are lots of ways to get involved in #CarersRightsDay!

Visit <https://go.carersuk.org/CRD_get_involved> to find resources and information from Carers UK about hosting your own Carers Rights Day event.

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We’re proud to be supporting #CarersRightsDay!

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

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Know your rights, use your rights this Carers Rights Day

Get involved 👉 <https://go.carersuk.org/CRD>

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#CarerRightsDay is fast approaching. Get involved and help to make sure more carers are aware of their rights and feel empowered to use them.

Thursday 20 November

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

Carers UK’s social media channels

We’d love if you could tag us in your posts
X - @CarersUK

Instagram - @carers\_uk

Bluesky - @carers-uk.bsky.social

Threads - @carers\_uk

Facebook – carersuk

LinkedIn – Carers UK

Newsletter

Carers Rights Day is taking place on **Thursday 20 November.**

Here at (NAME) we’re proud to join Carers UK and organisations from across the country in raising awareness of the rights, entitlements and wider support available for unpaid carers.

This year’s theme ‘Know your rights, use your rights’ is all about making sure more carers understand their entitlements and feel confident to use them. We’re encouraging everyone to get involved and to find out how carers rights can help you to:

✔ **Access support**

✔ **Juggle care and work**

✔ **Look after your health and wellbeing**

✔ **When the person you care for is coming out of hospital**

Find out more, and get involved in Carers Rights Day at <https://go.carersuk.org/CRD>