Headline:

**Get active this spring and boost your health and wellbeing with the Carers Active April campaign month**

Subheading:

**Do you want to be more physically active? Carers UK is here to help during Carers Active April**

Carers UK is again running their annual Carers Active April campaign. The campaign, which takes place throughout April 2023, will support carers to be more active by providing a range of information, resources, and activity opportunities, including online sessions, a month-long movement challenge and a virtual event on 29 April. While recognising the challenges that carers face in being active, the campaign will raise awareness of the physical and mental health benefits of moving more and highlight how carers can be supported to do this. Participating carers will receive weekly emails filled with resources, tips and information about how to balance physical activity with looking after someone.

As part of Carers Active April, to close out the campaign month, Carers UK will be running a virtual Healthathon on 29 April: a day of fun, inclusive, and motivational online sessions that carers and the people they care for can sign up to attend for free.

*“It gave me the incentive to exercise and take some time for me”*

- Carers Active April 2022 participant

**How to get involved**

[**Sign up**](https://www.cognitoforms.com/carersuk1/carersactiveaprilsignup) **to Carers Active April to take part in the month and get active this spring!** Whether you’re a carer and or a carers organisation, you can also visit the [Carers Active Hub](https://www.carersuk.org/help-and-advice/activity-hub) to find out more and discover a range of useful resources such as:

* Bitesize activity and wellbeing video workouts to help carers be active at a time that’s convenient
* Recordings of Carers UK’s online physical activity sessions, including Latin dance, seated martial arts, and yoga
* Inspiration for carers and tips for getting started, plus activity ideas and resources to help carers find something they enjoy
* Carers’ stories of getting active while caring
* Expert advice and insight from health and social care professionals

Look out for more details from us about this campaign in the coming weeks.

The Carers Active Facebook group is also open to any carers to join. It’s a welcoming forum where carers can support one another, share their experiences and find out how others are benefitting from regular movement. Join the Facebook group [here](https://www.facebook.chere).

To find out more about the Carers Active project please contact Patrick Knock at [Patrick.knock@carersuk.org](mailto:Patrick.knock@carersuk.org)