CARERS RIGHTS DAY 2026

Free Active Community Network

Finding an activity that fits

For unpaid carers looking for a community activity for themselves or alongside the person they support.

Decide what would make it possible

Would a short session, flexible arrival time or a place to sit make the difference? Decide whether you want time for yourself, an activity you can attend together, or a mix of both.

Ask before the first visit

Check the full cost, booking rules and what happens if plans change. Ask about transport, access and whether a supporter can attend and what it costs. If you will attend together, ask the person you support what they would like to do.

Try one manageable step

Ask if you can observe, try a short session or leave early if you need to. Afterward, note what made it easier to join in. Use that to decide whether to return or try another option.

WORDS YOU CAN USE

“I’m interested in trying the session. My plans can change at short notice because of caring. Is there a drop-in or taster option, and who can I ask about access?”

WHERE TO GO NEXT

Explore the Free Active Community Network

Activity Alliance · Access for All