



Carers Week 2025: Caring About Equality (Monday 9th June to Sunday 15th June 2025)

Next week, we recognise the millions across the UK who care for loved ones without pay — often while juggling work, family, and personal sacrifice.

This year's theme, "Caring About Equality," highlights the inequalities unpaid carers face: higher risks of poverty, isolation, and poor health — and fewer opportunities in education and careers.

Key facts:

- 5.4 million unpaid carers in England and Wales
- 10.3% of women and 7.6% of men provide care
- Over 120,000 young carers aged 5–17
- Carers are more likely to live in deprived areas and experience poor health

For employees balancing caring and work, the toll can be heavy — emotionally, physically, and financially.

Since April 2024, UK employees have the legal right to Carer's Leave. Carers Week is a timely opportunity to raise awareness of this right — many employees may not realise they're eligible.

Promoting Carer's Leave helps carers stay in work, protect their wellbeing, and thrive both personally and professionally.

If you would like further information about Carer's Leave then please do get in contact.