

Step Up For Family Carers 5km Fun Walk **(<https://www.activelink.ie/node/114632>)**



Family Carers Ireland is calling on communities across the country to step up and stand in solidarity with family carers by taking part in Step Up for Family Carers, a 5km fundraising walk on Sunday, April 13th.

Every day, Ireland's 500,000 family carers provide unwavering support to loved ones - often without recognition or adequate support. Now, it's time for Ireland to step up for them. This nationwide event will raise vital funds and awareness to ensure that Family Carers Ireland can continue to be there for those who dedicate their lives to caring for others.

Walks will take place in 11 locations across the country, with an option for people to complete 5km in their own area.

This is not a race or a fitness challenge - it is a moment of solidarity, support, and recognition.

Register here (<https://register.enthuse.com/ps/event/StepUpforFamilyCarers2025>)

Region

Nationwide

[Step Up For Family Carers 5km Fun Walk \(https://www.familycarers.ie/get-involved/step-up-for-family-carers-5km-fun-walk\)](https://www.familycarers.ie/get-involved/step-up-for-family-carers-5km-fun-walk)

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Expiry Date

13th Apr, 2025

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