



***North Lanarkshire Carers Together are hosting an event as part of Carers Week – "Keeping Caring Visible & Valued" in partnership with Lanarkshire weight management services, NL/SL Young Carers project & Nurture Scotland***

The majority of unpaid carers, young carers and kinship carers are now providing more care than ever before, and often feel exhausted, anxious with no time to focus on their own wellbeing.

One third of carers (33%) of carers felt they were unable 'to look after their own health and wellbeing', and 44% stated that they were 'lonely and cut off from people'. *Caring behind closed doors report: Forgotten families in the coronavirus outbreak April 2020*

We are delighted to be hosting a free digital event in partnership with Lanarkshire weight management services, NL/SL Young Carers project & Nurture Scotland on Monday 7<sup>th</sup> June 10.45-1.30pm via zoom.

This will be an interactive event to promote **self-care looking at Lanarkshire Weight Management Services, the importance of good nutrition and Physical activity.**

There will also be break out rooms and an opportunity to speak one to one to the Weight management team, North Lanarkshire Carers Together, Young Carers Projects and kinship carers.

To find out more information on the event/receive a copy of the programme or to book you can call 01698 404055 or contact [enquiries@carerstogether.org](mailto:enquiries@carerstogether.org) , you will then be sent zoom details to your email.

Come along and get involved – we would love to see you

