

Care for Carers 

PRESENTS



**STEPPING OUT<sup>®</sup>**

**SHORT RESIDENTIAL BREAKS PROGRAMME  
FOR CARERS**

**SPRING/SUMMER 2023**

# Guidance & Assistance

## About This Booklet

This booklet describes the various events and trips which make up our first *Stepping Out* programme for 2023. All of our programme booklets can be found on our website at [www.care4carers.org.uk](http://www.care4carers.org.uk) together with a full calendar of scheduled events.

## Respite Assistance

We recognise that some carers may have issues in securing respite for the person they care for to enable them to go on a break. If this is a particular issue for you please get in touch to let us know.

## Covid-19 Guidelines

We will be following the government guidelines regarding Covid-19 throughout this programme, such as conducting robust health & safety and risk assessments. We will ask everyone attending to participate in any and all safety measures we put in place before and during any residential trip.

## Fitness



This icon indicates that the break will require a reasonable level of fitness. Please contact a member of staff if you need to discuss this further.

# March

MAR

## CRAY HOUSE, PERTSHIRE

*Monday 6th – Thursday 9th March*

6

7

8

9

**3 nights**

### Midweek Break

A remote rural midweek break in the foothills of Glenshee.

Cray House is an ideal base for exploring the area of Blairgowrie. Opportunities include visiting a local gin distillery, wildlife watching and a visit to Blairgowrie for a browse around the shops and lunch. There will be plenty of time for relaxation and socialising – plus a movie night or games night to keep you entertained.

### Cray House

Set in idyllic highland Perthshire, Cray House was built in Georgian times as a stately shooting lodge. It retains many of its original features, with spacious reception rooms and open log fires.

Twenty acres of private grounds provide large open lawns, including a putting area, a children's play park and your very own loch.

Cray's location on the edge of the Cairngorms National Park makes it the perfect base for exploring the surrounding mountains. Just moments from the estate, Mount Blair and the Angus Glens offer spectacular scenery without having to venture far.

# March

MAR

## YOGA & MINDFULNESS, WISTON LODGE

24 25 26

*Friday 24th – Sunday 26th March*

**2 nights**

### **Weekend Break**

The group will have sole use of a beautiful Victorian hunting lodge in a woodland estate in Biggar which has been re-purposed as an outdoor education centre with hostel-style accommodation.

The main focus of this weekend will be Yoga and Mindfulness sessions with Alison. We will also have time for some gentle outdoor activities and opportunities to explore the area, relax and unwind.

There may be a requirement to share a room with another carer.

### **Wiston Lodge**

Wiston Lodge was built starting in the 1850s by James Ferguson (1812–1872) who was a coal factor from Larkhall. You can see the Ferguson family crest above the fireplace in the small lounge; there is a memorial to James and wife Ellen in the village kirk graveyard.

From 1947 the Lodge was used by the YMCA, until 2006 when it was put up for sale and a group who were then running the Lodge put the funding together to buy it. Wiston Lodge then became an independent charity with a focus on vulnerable adults, children and young people – as well as accommodating outdoor activities, music and arts, and events such as weddings and parties.

# March

MAR

## THEATRE BREAK, DUNDEE

31 1 2

Friday 31st March – Sunday 2nd April

2 nights

### Weekend Break

A city break to Dundee which includes a theatre visit to see the George Michael tribute show *Fastlove* at the Caird Hall.

There will be a chance to visit the Discovery Museum and the V&A Museum, plus time for socialising, shopping and relaxation. We will be staying at the Holiday Inn Express.

### ***Fastlove – A Tribute to George Michael***

Direct from London's West End, this is the world's favourite George Michael celebration. Few shows have reached the dizzy heights of *Fastlove*, now touring in 18 countries.

The show has it all: the power, the emotion and the star quality. In a stunning production with full video and light show, it respectfully recreates the soundtrack to your life.

Playing all the hits from George Michael's time with Wham! as well as his glittering solo career, the show includes songs such as *Wake Me Up, Too Funky, Father Figure, Freedom 90, Faith, Knew You Were Waiting, Careless Whisper* – and many more.

# April

APR

## THE SAIL LOFT, PORTSOY

*Friday 21st – Monday 24th April*

21

22

23

24

**3 nights**

### **Long Weekend**

A break staying at the refurbished Sail Loft hostel, in the picturesque village of Portsoy on the Northeast coast of Aberdeenshire.

With plenty of time for exploration of the area, we will be taking leisurely walks, visiting the villages along the coastline and making a trip to the dolphin-watching centre. There will also be an evening of music at the Sail Loft with local musicians.

There will be some sharing required for the accommodation.

### **The Sail Loft & Portsoy**

The newly refurbished Sail Loft sits right on the shore of the Moray Firth coast, overlooking Portsoy's beautiful Links Bay beach and surrounded by rugged headlands.

Portsoy was established in 1550, with the original harbour being built around the same time. In 1692, Sir Patrick Ogilvie, the 8th Laird of Boyne, replaced the existing harbour with another constructed entirely of stone; this is the Old Harbour you see today.

Further along the bay is the New Harbour, created in 1825 to meet the demands of the herring boom and the volume of trade going through Portsoy. This had to be rebuilt following storm damage in 1839.

# May

MAY

## THE SAIL LOFT, PORTSOY

*Friday 5th – Monday 8th May*

5 6 7 8

3 nights

### Meditation & Relaxation Weekend

A break staying at the refurbished Sail Loft hostel, in the picturesque village of Portsoy on the Northeast coast of Aberdeenshire.

This weekend will be focused on a “Just Be” retreat facilitated by Tubchen from the Kadampa Meditation Centre. We will spend our time looking at meditation and relaxation and enjoying our meals together. There will also be an evening of music at the Sail Loft with local musicians.

There will be some sharing required for the accommodation.

MAY

## NETHERURD, BLYTH BRIDGE

*Friday 26th – Monday 29th May*

26 27 28 29

3 nights

### Long Weekend

A break staying in the newly renovated Garden House apartments, set within two acres of walled garden.

This will be a relaxed stay, exploring the local surroundings and participating in gentle outdoor activities, including a trip to the nearby Dawyck Botanic Gardens. Meals will involve a mixture of home cooking and going out to local venues.

### The Garden House

The Netherurd Garden House is located within the stunning grounds of Netherurd Estate, Blyth Bridge, in the Scottish Borders. It is a tranquil setting overlooking the Henderson Hills, ideal for exploring nearby walking and hiking trails and enjoying the outdoors.

# June

JUN

## ISLE OF ARRAN

Friday 9th – Monday 12th June

9

10

11

12

3 nights



### Long Weekend

A remote rural break on the beautiful island of Arran, staying at the Glenisle Hotel in Lamlash.

This will be an active break, exploring Arran and its wonderful scenery. We will do some hill walking and explore sites such as the King's Caves and the Machrie Moor Stone Circles.

Please note that a good level of fitness is required for this trip.

### The Isle of Arran

Arran is the largest island on the Firth of Clyde and is often referred to as “Scotland in miniature” due to the variety of terrain across its 167 square miles. The island includes miles of coastal pathways, numerous hills and mountains, forested areas, rivers and small lochs, in addition to the main beaches at Brodick, Whiting Bay, Kildonan, Sannox and Blackwaterfoot.

There are many archaeological locations scattered around the island which date from prehistoric times. One such site is Machrie Moor, with a landscape consisting of stone circles, standing stones, burial cairns and cists – as well as hut circles and an extensive field system – all dating to between 3500 and 1500 BC.

South of Machrie Moor, towards Blackwaterfoot, lies the historic King's Caves, said to have been where Robert the Bruce took refuge after defeat by the English and had his famous encounter with a spider. The walls of the cave network here have many carvings and inscriptions, some of which are thought to date back to the bronze age.



# June

JUN

## WISTON LODGE, BIGGAR

*Friday 23rd – Sunday 25th June*

23 | 24 | 25

**2 nights**

### **Weekend Break**

The group will have sole use of a beautiful Victorian hunting lodge in a woodland estate in Biggar which has been re-purposed as an outdoor education centre with hostel-style accommodation.

There will be opportunities to participate in various gentle outdoor activities, an outdoor drumming session, arts and crafts workshops plus plenty of time to explore, relax and unwind.

### **Wiston Lodge**

Wiston Lodge was built starting in the 1850s by James Ferguson (1812–1872) who was a coal factor from Larkhall. You can see the Ferguson family crest above the fireplace in the small lounge; there is a memorial to James and wife Ellen in the village kirk graveyard.

From 1947 the Lodge was used by the YMCA, until 2006 when it was put up for sale and a group who were then running the Lodge put the funding together to buy it. Wiston Lodge then became an independent charity with a focus on vulnerable adults, children and young people – as well as accommodating outdoor activities, music and arts, and events such as weddings and parties.

# July

JUL

## ISLE OF COLL, INNER HEBRIDES

10 11 12 13 14

Monday 10th – Friday 14th July

4 nights



### Extended Midweek Break

A remote rural midweek break on the Isle of Coll.

Six miles west of Mull, far out in the Atlantic, the island of Coll is a place to get away from it all: walk on the sandy beaches, discover a wealth of wildlife and marvel at the night sky.

Our visit will include a boat trip, the opportunity to join tours around the island and fun activities such as arts and crafts. There will also be plenty of time for exploration, socialising and relaxation.

Monday night will be spent in Oban prior to taking the afternoon ferry crossing on the Tuesday.

JUL

## ISLE OF LISMORE, INNER HEBRIDES

27 28 29 30 31

Thursday 27th – Monday 31st July

4 nights



### Extended Weekend

A remote rural break on the tranquil island of Lismore.

An Inner Hebridean island near Oban, Lismore is approximately ten miles long by one mile wide. The island was called the “Great Garden” because, being relatively low lying, it is very green and fertile compared with the mountains of Mull and the mainland. It is surrounded by the waters of Loch Linnhe.

Our visit will include a guided tour of the island, home cooking and the opportunity to take part in fun activities such as paddle boarding and watching a shepherding demonstration.

The walks and exploration will require a reasonable level of fitness.

# September

SEP

## THEATRE BREAK, GLASGOW

*Friday 1st – Sunday 3rd September*

1

2

3

**2 nights**

### **Weekend Break**

A weekend city break to Glasgow where we will be staying in the Novotel Hotel. There will be a theatre trip to see the musical *Six* at the King's Theatre, meals out and plenty of time to do some shopping and relax.

### ***Six***

Created by Toby Marlow and Lucy Moss, this crowning glory of the West End, Broadway and beyond is now on a sell-out tour.

Prepare to lose your head and experience the Tudor Wives' lives as they turn back the clock and take to the stage to reclaim their crowns by retelling their stories of love, loss and the infamous ex they all have in common.

Join the six wives of Henry VIII as they remix five hundred years of historical heartbreak into an 80 minute celebration of 21st century girl power. These Queens may have green sleeves but their lipstick is rebellious red!

# Welcome to Stepping Out<sup>®</sup>

## Short Residential Breaks Programme for Carers

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*Stepping Out<sup>®</sup> Short Breaks* are breaks for carers, specifically tailored to meet their needs and provide them with a break from their caring situation.

The programme is organised by *Care for Carers*, a charity specialising in providing support services for carers, including short day breaks and evening activities.

All our short breaks are free of charge.

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### How to Apply

Please contact us for an application form or to discuss the breaks:

Telephone: 0131 661 2077  
Email: [steppingout@care4carers.org.uk](mailto:steppingout@care4carers.org.uk)  
Website: [www.care4carers.org.uk](http://www.care4carers.org.uk)  
Facebook: [facebook.com/care4carersedinburgh](https://facebook.com/care4carersedinburgh)  
Twitter: @Edincare4carers

Address: **Stepping Out Spring/Summer 2023**  
Care for Carers  
Room 4.25  
St Margaret's House  
151 London Road  
Edinburgh EH7 6AE

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