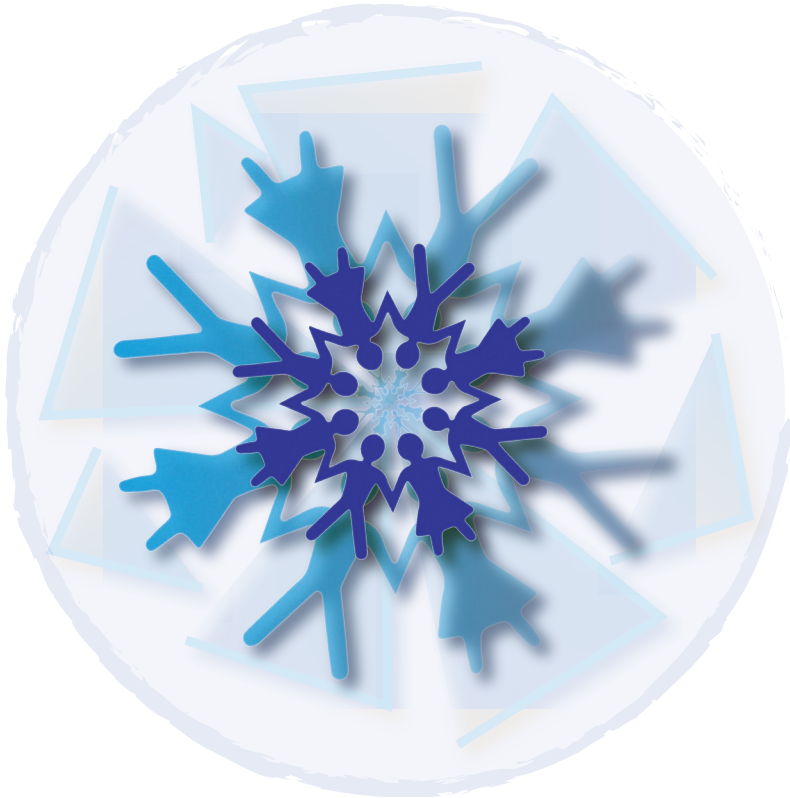


Care for Carers 

PRESENTS



STEPPING OUT[®]

**SHORT RESIDENTIAL BREAKS PROGRAMME
FOR CARERS**

2022

Guidance & Assistance

Covid-19

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.

Respite

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.

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.

February – March

FEB

THEATRE BREAK, DUNDEE

25 26 27

Friday 25th – Sunday 27th February

2 nights

A city break to Dundee which includes a theatre visit to see the tribute band, The Rod Stewart Story. 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.

MAR

CRAY HOUSE, PERTSHIRE

7 8 9 10

Monday 7th – Thursday 10th March

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 river fishing on the estate. There will be plenty of time for relaxation and socialising – and a “Murder Mystery” night.

MAR

CITY ART BREAK, GLASGOW

21 22 23

Monday 21st – Wednesday 23rd March

2 nights

Midweek Break

A city break to Glasgow to visit art galleries, exhibitions and museums. There will be a visit to the Glasgow Print Studio with an opportunity to try your hand at printmaking – plus time for socialising, shopping and relaxation.

April – May

APR

WISTON LODGE, BIGGAR

Friday 1st – Sunday 3rd April

1 2 3

2 nights

The group will have sole use of this beautiful old Victorian hunting lodge settled in a woodland estate.

There will be opportunities to take part in an astronomy workshop with stargazing, a drumming session, outdoor activities with arts and crafts workshops – and plenty of time to explore, relax and unwind.

APR

THE SAIL LOFT, PORTSOY

Sunday 24th – Wednesday 27th April

24 25 26 27

3 nights

A break staying 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 taking a trip to the dolphin-watching centre. There will also be an evening of music at the Salmon Bothy with local musicians.

MAY

ISLE OF COLL, INNER HEBRIDES

Monday 23rd – Friday 27th May

23 24 25 26 27

4 nights



Midweek Break

A remote rural midweek break on the Isle of Coll. 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.

June – August

JUN

WISTON LODGE, BIGGAR

17 | 18 | 19

Friday 17th – Sunday 19th June

2 nights

The group will have sole use of this beautiful old Victorian hunting lodge settled in a woodland estate.

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

JUL

LOCHRANZA ACTIVITY CENTRE, ARRAN

23 | 24 | 25 | 26

Saturday 23rd – Tuesday 26th July

3 nights



A remote rural break on the beautiful island of Arran, staying at the Activity Centre in Lochranza. This will be a very active break, with numerous outdoor activities and opportunities for hill walking and exploration. There will also be arts and crafts workshops and plenty of time to relax and unwind.

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

AUG

ISLE OF LISMORE, INNER HEBRIDES

6 | 7 | 8 | 9 | 10

Saturday 6th – Wednesday 10th August

4 nights



Long Weekend

A remote rural break on the tranquil island of Lismore. Includes a guided tour of the island, a visit to the Secret Garden, home cooking and the opportunity to take part in fun activities such as arts and crafts – plus astronomy and stargazing nights.

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

September – October

SEP

ISLE OF LISMORE, INNER HEBRIDES

2 3 4 5 6

Friday 2nd – Tuesday 6th September

4 nights



Long Weekend

A remote rural break on the tranquil island of Lismore. Includes a guided tour of the island, a visit to the Secret Garden, home cooking and the opportunity to take part in fun activities such as arts & crafts – plus astronomy and stargazing nights.

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

SEP

ATHOLL CENTRE, PITLOCHRY

30 1 2

Friday 30th September – Sunday 2nd October

2 nights

Enchanted Forest

A break staying at the Atholl Centre in Pitlochry, nestled within the stunning scenery of Highland Perthshire, where we will visit the Enchanted Forest to view the spectacular light festival. There will also be plenty of opportunities to relax and to explore the local area.

OCT

ISLE OF COLL, INNER HEBRIDES

28 29 30 31 1

Friday 28th October – Tuesday 1st November

4 nights



Dark Sky Astronomy

A remote rural break on the Isle of Coll, focusing on astronomy and stargazing. Includes the opportunity to tour the island and enjoy the landscape with plenty of time for relaxation and socialising.

Friday night will be spent in Oban before taking an early ferry to the Isle of Coll on the Saturday.

November

NOV

CRAY HOUSE, PERTSHIRE

14 15 16 17

Monday 14th – Thursday 17th November

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 river fishing on the estate. There will be plenty of time for relaxation and socialising – and a “Murder Mystery” night.

Welcome to Stepping Out[®] Short Residential Breaks Programme for Carers

Stepping Out[®] 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.

How to Apply

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

Telephone: 0131 661 2077
Email: steppingout@care4carers.org.uk
Website: www.care4carers.org.uk
Facebook: facebook.com/care4carersedinburgh
Twitter: @Edincare4carers

Address: **Stepping Out Short Breaks 2022**
Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

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