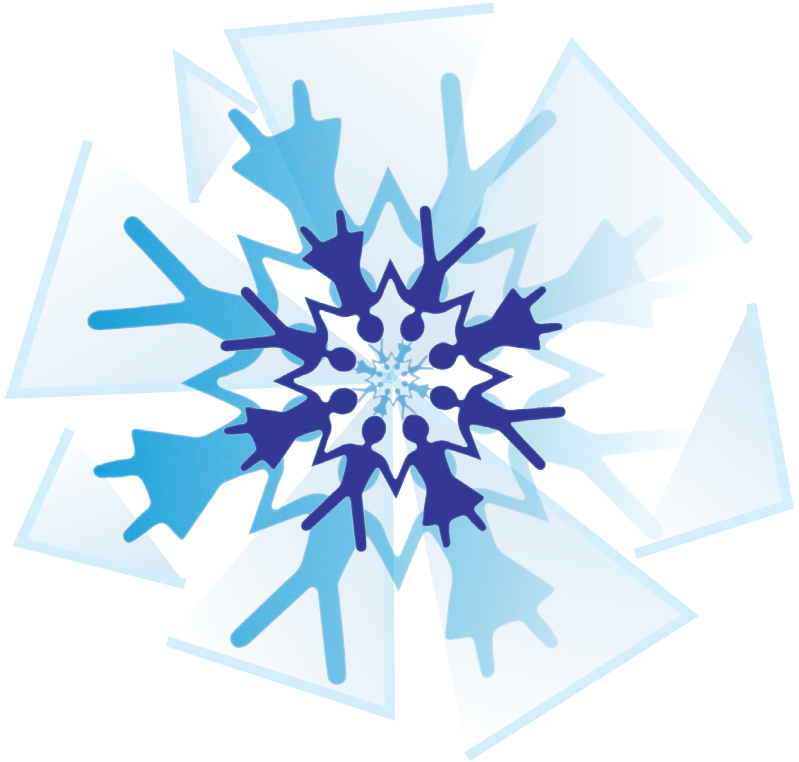


Care for Carers 

PRESENTS



STEPPING OUT[®]

**SHORT RESIDENTIAL BREAKS PROGRAMME
FOR CARERS**

2021

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.

July – August

JUL

WISTON LODGE, BIGGAR

Friday 16th – Sunday 18th July

16 | 17 | 18

2 nights

A rural break staying at an adventure activity centre situated in the countryside close to Biggar.

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.

AUG

CHERRY TREE LODGE, DUNFERMLINE

Thursday 5th – Sunday 8th August

5 | 6 | 7 | 8

3 nights

Women's Only Break.

A rural break with stunning views in the heart of Scotland.

Cherry Tree Lodge offers a tranquil setting for exploring the local area, with opportunities to take part in workshops such as meditation, yoga and mindfulness.

We will also have storytelling round the fire, art and crafts, and time to relax and unwind.

Vegetarian home cooked meals will be provided.

August – September

AUG

WISTON LODGE, BIGGAR

13 | 14 | 15

Friday 13th – Sunday 15th August

2 nights

A rural break staying at an adventure activity centre situated in the countryside close to Biggar.

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.

AUG

LODGE ON THE LOCH OF ABOYNE

27 | 28 | 29 | 30

Friday 27th – Monday 30th August

3 nights

A rural break in a stunning loch-side setting in Aberdeenshire.

The Lodge offers the perfect place to relax and unwind. There will also be the opportunity to attend relaxation workshops and time to visit places of interest in the local area.

SEP

ISLE OF LISMORE

3 | 4 | 5 | 6 | 7

Friday 3rd – Tuesday 7th September

4 nights

A remote rural break on the tranquil Island of Lismore.

Includes a guided tour of the island, a garden tour, herb foraging and home cooking. Opportunities to take part in astronomy and star gazing will be available. Note that island walks and exploration will require a reasonable level of fitness.

September

SEP

CHERRY TREE LODGE, DUNFERMLINE

10 11 12 13

Friday 10th – Monday 13th September

3 nights

Sleep Management Weekend.

A rural break with stunning views in the heart of Scotland. Cherry Tree Lodge offers a tranquil setting for exploring the local area.

The sleep management theme includes mindfulness, relaxation, socialising and time to unwind with storytelling round the fire.

Vegetarian home cooked meals will be provided.

SEP

ISLE OF LISMORE

17 18 19 20 21

Friday 17th – Tuesday 21st September

4 nights

A remote rural break on the tranquil Island of Lismore.

Includes a guided tour of the island, a garden tour, herb foraging and home cooking. Opportunities to take part in astronomy and star gazing will be available. Note that island walks and exploration will require a reasonable level of fitness.

SEP

ATHOLL CENTRE, PITLOCHRY

26 27 28

Sunday 26th – Tuesday 28th September

2 nights

A break staying at the Atholl Centre in Pitlochry, nestled within the stunning scenery of Highland Perthshire.

There will be plenty of opportunities to relax and to explore the local area and take part in local events. We will also get the chance to do some astronomy and stargazing in the evenings.

October – November

OCT

STRATHDON GUEST HOUSE, DUNDEE

12 | 13 | 14

Tuesday 12th – Thursday 14th October

2 nights

Midweek Theatre Break.

A city break to Dundee which includes a theatre visit to see *What's Love Got To Do With It – A Tribute to Tina Turner*.

There will also be a chance to visit the Discovery Museum and the V&A Museum – plus time for socialising, shopping and relaxation.

OCT

ISLE OF COLL

29 | 30 | 31 | 1 | 2

Friday 29th October – Tuesday 2nd November

4 nights

Dark Sky Astronomy Break.

A remote rural break on the Isle of Coll.

This visit will include opportunities to socialise, join tours around the island, and take part in fun activities such as arts and crafts. There will also be plenty of time for exploration and relaxation.

The main activity on this break will be astronomy as Coll is a Dark Sky Island.

NOV

CRAY HOUSE, PERTSHIRE

29 | 30 | 1 | 2

Monday 29th November – Thursday 2nd December

3 nights

Midweek Rural Break.

A remote rural midweek break in the foothills of Glenshee.

Cray House is an ideal base for exploring the mountains, spotting the local red squirrels, birds and deer – and river fishing on the estate.

With open log fires and plenty of time for relaxation and socialising.

Carer Comments

“I was so pleased to be here, only having to care for myself that the stress just melted away. Everybody seems to value that too, to be ourselves for the weekend.”

“This is the first time I went canoeing, I can’t swim and I am really scared of water but I am so proud of myself that I didn’t talk myself out of going. Being with other carers makes you realise you are not alone.”

“Felt everyone made me welcome and socialised with each other and able to speak to others that are in the same situation.”

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 2021**
Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Health and Social Care Partnership, the Royal Astronomical Society, Carers Trust, the Robertson Trust, Short Breaks and the Bank of Scotland Foundation. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No. SCO 13450.



Edinburgh Health and
Social Care Partnership



BANK OF SCOTLAND
Foundation

