STEPPING OUT®
SHORT RESIDENTIAL BREAKS PROGRAMME FOR CARERS
2021
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

#### WISTON LODGE, BIGGAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Details</th>
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<tbody>
<tr>
<td>16th – 18th July</td>
<td>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.</td>
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#### CHERRY TREE LODGE, DUNFERMLINE

<table>
<thead>
<tr>
<th>Date</th>
<th>Details</th>
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<tbody>
<tr>
<td>5th – 8th August</td>
<td>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.</td>
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<tr>
<td>Period</td>
<td>Location</td>
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<td>-----------------------------------------------</td>
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<tr>
<td>AUG</td>
<td>WISTON LODGE, BIGGAR</td>
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<tr>
<td>AUG</td>
<td>LODGE ON THE LOCH OF ABOYNE</td>
</tr>
<tr>
<td>SEP</td>
<td>ISLE OF LISMORE</td>
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# September

<table>
<thead>
<tr>
<th>SEP</th>
<th>ISLE OF LISMORE</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEP</strong></td>
<td>CHERRY TREE LODGE, DUNFERMLINE</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>4 nights</td>
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<tr>
<td><strong>SEP</strong></td>
<td>ATHOLL CENTRE, PITLOCHRY</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>2 nights</td>
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**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.

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.

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

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Location</th>
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| **OCT** | STRATHDON GUEST HOUSE, DUNDEE | **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 | **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, PERTHSHIRE | **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. SC0 13450.