

# Welcome to Stepping Out<sup>®</sup> Short Residential Breaks Programme for Carers

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Care for Carers   
PRESENTS

*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 voluntary organisation providing support services for carers, including short day breaks and evening activities.

Applications for places are accepted from across Scotland. Places are free but limited, however additional places may be available through Self Directed Support payments.

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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 Short Breaks 2020**

Care for Carers

Room 4.25

St Margaret's House

151 London Road

Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Integrated Joint Board, Shared Care Scotland, the Scottish Government, the Royal Astronomical Society, Carers Trust, Dynamic Earth Learning, the Robertson Trust and the Bank of Scotland Foundation. Care for Carers is a Respite Partner. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No. SC0 13450.



# STEPPING OUT<sup>®</sup> SHORT RESIDENTIAL BREAKS PROGRAMME FOR CARERS

2020



## Stepping Out<sup>®</sup> Programme 2020

JAN

### **Celebration of RAS 200**

*Wednesday 22nd - Friday 24th January (2 nights)*

A two night break in London for the Royal Astronomical Society's 200th Anniversary Celebration. We will join an evening gala event celebrating the founding of the society and meet with RAS Fellows. The trip includes a visit to the Royal Observatory in Greenwich.

MAR

### **Women's Only Break - Strathdon Guest House, Dundee**

*Friday 27th - Sunday 29th March (2 nights)*

A two night break to the city of Dundee which includes: a theatre visit to see *What's Love Got To Do With It - A Tribute to Tina Turner*, a chance to visit the V&A Museum, and time for socialising and relaxation.

APR

### **Abernethy Barcaple, Dumfries and Galloway**

*Friday 17th - Sunday 19th April (2 nights)*

A two night break to Abernethy Barcaple, an adventure activity centre in a secluded hillside setting. Features guided hillwalking, exploration, astronomy – and plenty of time to relax and socialise.

MAY

### **Long Weekend - Isle of Lismore**

*Friday 8th - Monday 11th May (3 nights)*

A three night remote rural break on the tranquil island of Lismore. Includes a guided tour of the island, a garden tour, and home cooking. Island walks and exploration will require a reasonable level of fitness.

JUN

### **Abernethy Barcaple, Dumfries and Galloway**

*Friday 19th - Sunday 21st June (2 nights)*

*(See April entry.)* This retreat in June also includes opportunities to try kayaking and archery, so a reasonable level of fitness is desirable.

JUL

### **Long Weekend - Lodge on the Loch of Aboyne, Aberdeenshire**

*Friday 3rd - Monday 6th July (3 nights)*

A three night break in a stunning loch-side setting. The Lodge offers the perfect place to relax and unwind. Our visit will include access to spa facilities and the opportunity to attend relaxation workshops. There will also be a chance to visit sites of interest in the local area.

## Stepping Out<sup>®</sup> Programme 2020

JUL

### **Kagye Samye Ling Monastery**

*Friday 24th - Sunday 26th July (2 nights)*

A two night rural break in the peaceful setting of the glorious Kagye Samye Ling Monastery in Dumfries, with opportunities to enjoy some quiet time and to join prayer, meditation and mindfulness sessions.

AUG

### **Women's Only Break - Cherry Tree Lodge, Dunfermline**

*Friday 14th - Sunday 16th August (2 nights)*

A two night break with stunning views in the heart of Scotland. Cherry Tree Lodge offers a tranquil setting for exploring the local area – plus therapies, socialising and opportunities for relaxation.

SEP

### **Long Weekend - Isle of Lismore**

*Friday 18th - Monday 21st September (3 nights)*

*(See May entry.)* Guided tours, home cooking and island exploration.

OCT

### **Atholl Centre, Pitlochry**

*Friday 2nd - Sunday 4th October (2 nights)*

A two night break staying at the Atholl Centre in Pitlochry, nestled within the stunning scenery of Highland Perthshire. The trip will include a visit to the Enchanted Forest – and plenty of opportunities to relax and to explore the local area.

### **Midweek Break - Dark Sky Astronomy Residential, Isle of Coll**

*Tuesday 13th - Friday 16th October (3 nights)*

A three night remote rural break on the Isle of Coll. This will include opportunities to socialise, tour the island, participate in fun activities such as astronomy and stargazing – and time for quiet relaxation.

NOV

### **Midweek Break - Cray House, Perthshire**

*Monday 2nd - Thursday 5th November (3 nights)*

A three night 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.