

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 voluntary organisation providing support services for carers, including local events and short breaks.

Applications for places are accepted from across Scotland. A number of free places are available but carers can also buy a place through a self directed support payment.

How to Apply

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

Telephone: 0131 661 2077

Email: janey@care4carers.org.uk
dipa@care4carers.org.uk

Website: www.care4carers.org.uk

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

Care for Carers is funded by the City of Edinburgh Council Health & Social Care Partnership, The Moffat Trust, The Scottish Government, the Royal Astronomical Society, NHS Lothian and The Integrated Change Fund. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No. SCO 13450.

Care for Carers 
PRESENTS



STEPPING OUT[®] SHORT RESIDENTIAL BREAKS PROGRAMME FOR CARERS

2017

Stepping Out[®] Dates for 2017

FEB

Overnight Break Peebles Hydro Hotel

Saturday 25th - Sunday 26th February (1 night)

A one night break which allows carers to relax in the Peebles Hydro Hotel and surrounding area. Includes access to the pool, gym and spa facilities.

MAR

Dark Sky Astronomy Residential Isle of Coll

Friday 17th - Monday 20th March (3 nights)

A three night break focused on astronomy and stargazing, staying on the dark skies Isle of Coll, one of only two dark sky places in Scotland and 22nd worldwide. The break will include opportunities for a tour of the island and time for peaceful relaxation.

APR

Women's Only Weekend Break Low Port Centre, Linlithgow

Friday 7th - Sunday 9th April (2 nights)

A two night break staying at the Low Port Centre in Linlithgow. Includes relaxation, therapies, lots of socialising and a variety of activities.

MAY

Weekend Retreat Kagyu Samye Ling Monastery Guesthouse

Friday 12th - Sunday 14th May (2 nights)

A two night break in the peaceful setting of the Kagyu Samye Ling Buddhist Monastery. The retreat will include opportunities to take part in prayer, meditation and activities that reconnect you to nature.

Stepping Out[®] Dates for 2017

JUN

Weekend Break Low Port Centre, Linlithgow

Friday 30th June - Sunday 2nd July (2 nights)

A two night break staying at the Low Port Centre in Linlithgow which includes relaxation, therapies, lots of socialising and a variety of activities.

AUG

Weekend Break Carlogie House, Dundee

Friday 11th - Sunday 13th August (2 nights)

A two night break staying at Carlogie House in Carnoustie. Includes relaxation, therapies, lots of socialising and a variety of activities.

SEP

Introduction to Astronomy Break Low Port Centre, Linlithgow

Saturday 2nd - Sunday 3rd September (1 night)

A one night break at The Low Port Centre in Linlithgow that focuses on astronomy for beginners.

Dark Sky Astronomy Residential Dumfries and Galloway

Friday 15th - Sunday 17th September (2 nights)

A two night break focused on astronomy and stargazing, staying near the Galloway Dark Skies Forest Park, one of only four dark sky parks in the Western world. There will also be opportunities for a visit to the red deer range, plus time for relaxation and exploration.

OCT

Enchanted Forest Break Pitlochry

Saturday 7th - Sunday 8th October (1 night)

A one night break in Pitlochry for the Enchanted Forest light event.