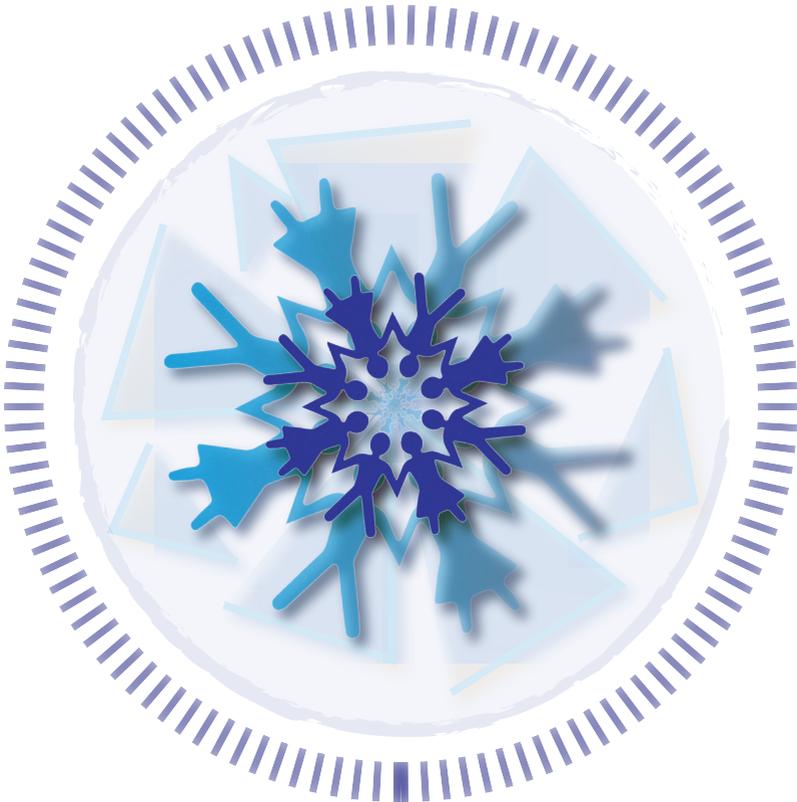


Care for Carers 

PRESENTS



# STEPPING OUT<sup>®</sup>

**SHORT RESIDENTIAL BREAKS PROGRAMME  
FOR CARERS**

**ADDITIONAL DATES  
2022/23**

# **Guidance & Assistance**

## **About This Booklet**

This booklet describes some additional trips we have incorporated into our *Stepping Out* programme for this year. The original programme booklet for 2022 and the complete calendar of events can be found on our website at [www.care4carers.org.uk](http://www.care4carers.org.uk).

## **Respite Assistance**

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.

## **Covid-19 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.

# September 2022

SEP

## THEATRE BREAK, PITLOCHRY

*Saturday 24th – Sunday 25th September*

24 | 25

1 night

### **Overnight Break**

An overnight break to picturesque Pitlochry where we will be staying at the Craigvrack Hotel.

The trip will consist of a light lunch on the Saturday, followed by a matinee showing of *Sunshine on Leith* at the Pitlochry Theatre. We will have an evening meal at McKay's Hotel, then travel home the next day after a light lunch.

### ***Sunshine on Leith***

Set to fantastic songs from world-renowned Scottish band The Proclaimers, *Sunshine on Leith* is both funny and moving. The play focuses on Davy and Ally, two Edinburgh natives returning to their hometown after serving in war-torn countries overseas, who are questioning what “home” really means.

A fantastic feel-good story from Stephen Greenhorn, with a feature film adaptation in 2013, the play is being produced for 2022 as a fresh take on an audience favourite, one which is sure to delight yet again.

# October 2022

OCT

## CRAY HOUSE, PERTSHIRE

*Monday 3rd – Thursday 6th October*

3

4

5

6

**3 nights**

### **Midweek Break**

A remote rural midweek break in the foothills of Glenshee.

This three-night break in a beautiful old hunting lodge will include home cooking and plenty of time to socialise and unwind. A relaxation treatment will be offered during the trip, as well as a day trip out to nearby Blairgowrie for lunch.

### **Cray House**

Set in idyllic highland Perthshire, Cray House was built in Georgian times as a stately shooting lodge. It retains many of its original features, with spacious reception rooms and open log fires.

Twenty acres of private grounds provide large open lawns, including a putting area, a children's play park and your very own loch.

Cray's location on the edge of the Cairngorms National Park makes it the perfect base for exploring the surrounding mountains. Just moments from the estate, Mount Blair and the Angus Glens offer spectacular scenery without having to venture far.

# December 2022

DEC

## PANTOMIME CITY BREAK, GLASGOW

Friday 9th – Sunday 11th December

9

10

11

2 nights

### Weekend Break

A weekend city break to Glasgow where we will be staying in the Novotel Hotel.

There will be a trip to see the pantomime *Beauty and the Beast* at the King's Theatre, meals out and plenty of time to do some Christmas shopping! Enjoy a weekend of festive fun with others.

### *Beauty and the Beast*

One of the most romantic pantos of all time, *Beauty and the Beast* stars pantomime legends Elaine C Smith and Johnny Mac in what will be a spectacular and enchanting production for all the family.

The cast line-up sees the return of Darren Brownlie as Belle's genius brother Dougal, and Blythe Jandoo in her King's Theatre panto debut as the feisty Belle.

Dreaming of a happier life, the beautiful Belle finds herself transported to a cursed castle and held captive by a hideous beast. To her surprise, the castle is full of magical characters placed under a spell by an evil enchantress. Can Belle see beyond the monster and fall in love with her captor before the last petal falls from the enchanted rose? Or will the Beast's selfishness cost him the world he once knew and the hand of the girl who has melted his heart?

Brought to you by Crossroads Pantomimes, the world's biggest pantomime producer, audiences can expect special effects and plenty of participation as they enjoy the magic of live theatre – oh yes they can!

# January 2023

JAN

## THEATRE BREAK, DUNDEE

27 28 29

Friday 27th – Sunday 29th January

2 nights

### Weekend Break

A city break to Dundee which includes a theatre visit to see the Rod Stewart tribute *Some Guys Have all the Luck*.

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.

### *Some Guys Have all the Luck*

Over 50 years since the release of Rod Stewart's first album, *Some Guys Have All The Luck* is back in theatres with a brand new production, celebrating the career of one of rock's greatest icons as he journeys from street busker to international superstar!

Paul Metcalfe delivers an authentic and charismatic performance, assuming the persona of this legendary singer-songwriter and performer right down to the last detail – from the distinctive vocals to the swaggering showmanship and sheer fun that have made Rod Stewart one of the most loved performers of all time.

The show includes all the massive hits from Rod's incredible career: classic rockers like *Maggie May*, *Baby Jane* and *Da Ya Think I'm Sexy*, and big ballads such as *Sailing*, *You're In My Heart*, and *Tonight's The Night*. Also included are favourites from his days with the Faces such as *Stay With Me* and *Twistin' The Night Away*, and timeless Motown tunes from the album *Soulbook*.

## February – March 2023

FEB

### SPA BREAK, PEEBLES

20 21 22

*Monday 20th – Wednesday 22nd February*

**2 nights**

#### Midweek Break

Situated in the beautiful Scottish Borders countryside, the Macdonald Cardrona Hotel & Spa near Peebles provides contemporary accommodation with timeless natural surroundings.

This two-night stay will include a treatment and access to the spa facilities as well as a trip into Peebles itself. For this break, places will be allocated based on two people sharing a room.

MAR

### YOGA & MINDFULNESS, WISTON LODGE

24 25 26

*Friday 24th – Sunday 26th March*

**2 nights**

#### Weekend Break

The group will have sole use of a beautiful Victorian hunting lodge in a woodland estate in Biggar, which has been re-purposed as an outdoor education centre with hostel-style accommodation.

The break will be focused on Yoga and Mindfulness, led by an experienced tutor. There will also be opportunity take part in alternative workshops and plenty of time to socialise and relax.

#### Wiston Lodge

Wiston Lodge was built starting in the 1850s by James Ferguson (1812–1872) who was a coal factor from Larkhall. You can see the Ferguson family crest above the fireplace in the small lounge; there is a memorial to James and wife Ellen in the village kirk graveyard.

From 1947 the Lodge was used by the YMCA, until 2006 when it was put up for sale and a group who were then running the Lodge put the funding together to buy it. Wiston Lodge then became an independent charity with a focus on vulnerable adults, children and young people – as well as accommodating outdoor activities, music and arts, and events such as weddings and parties.

# Welcome to Stepping Out<sup>®</sup>

## Short Residential Breaks Programme for Carers

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*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 charity specialising in providing support services for carers, including short day breaks and evening activities.

All our short breaks are free of charge.

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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 2022/23**

Care for Carers

Room 4.25

St Margaret's House

151 London Road

Edinburgh EH7 6AE

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