

Care for Carers 

PRESENTS



STEPPING OUT[®]

**SHORT RESIDENTIAL BREAKS PROGRAMME
FOR CARERS**

AUTUMN/WINTER 2023

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Guidance & Assistance

About This Booklet

This booklet describes the various events and trips which make up this winter's *Stepping Out* programme. All of our programme booklets can be found on our website at www.care4carers.org.uk, along with a full calendar of scheduled events.

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.

Fitness



This icon indicates that the break will require a reasonable level of fitness. Please contact a member of staff if you need to discuss this further.

August

AUG

NETHERURD, BLYTH BRIDGE

21 22 23 24

Monday 21st – Thursday 24th August

3 nights

Midweek Crafting Break

A break staying in the newly renovated Garden House apartments, set within two acres of walled garden.

This will be a craft themed break, exploring new skills. We will visit nearby Peebles and enjoy a mix of home cooking and going out for meals.

There will be the opportunity to relax in a hot tub set in the picturesque Walled Garden, wander round the Sensory Garden and visit the hens, rabbits and guinea pigs.

The Garden House

The Netherurd Garden House is located within the stunning grounds of Netherurd Estate, Blyth Bridge, in the Scottish Borders. It is a tranquil setting overlooking the Henderson Hills, ideal for exploring nearby walking and hiking trails and enjoying the outdoors.

September

SEP

ISLE OF RUM, INNER HEBRIDES

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Saturday 9th – Thursday 14th September

5 nights



Dark Sky Astronomy Extended Break

This will be one of the most remote breaks we have ever been on, an immersive nature and star gazing adventure in a stunning rural environment. There will also be plenty of opportunities to relax, read or go bird watching.

The first night and the last night will be spent in the Marine Hotel, Mallaig, returning to Edinburgh on the Thursday. We will be staying in Bunkhouse accommodation on the island itself, where sharing with another carer will be necessary.

Please note that we will have no transport on the island, so a good level of fitness is required.

The Isle of Rum

On the 1st March 1957, the Isle of Rum was sold by Lady Monica Bullough to the Nature Conservancy Council for £26,000 – “to be used as a nature reserve in perpetuity and Kinloch Castle maintained as far as may be practical”. On 4th April the same year, Rum was designated a National Nature Reserve (NNR).

Because the previous private owners had discouraged members of the public from visiting, Rum was known as the “forbidden island” and had never become a tourist destination at any level. As a result of this, the Nature Conservancy was able to take advantage of being able to study the distribution and movement of plants and animals without any disturbance.

At 182 square miles, Rum is the largest of the Small Isles on the west coast of Scotland, yet it is inhabited by just 40 people. Due to this low population and its NNR status, Rum is a perfect location for astronomy: there are no street lights, hardly any buildings and no traffic. When the sun sets, locals and visitors alike can experience a naturally dark sky, and enjoy views of the meteors, shooting stars, and twinkling planets.

September

SEP

PORTREE, ISLE OF SKYE

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Saturday 30th September – Thursday 5th October

5 nights

Textiles & Crafts Extended Break

A rural break where we will find out about different textiles, trying our hand at button-making and observing hand spinners and other skilled local crafters.

We will be staying in Portree and will spend time touring around various parts of Skye; there will also be the opportunity for some astronomy and star gazing.

The Isle of Skye

The island of Skye is 50 miles long and is the largest of the Inner Hebrides. It has a rich history, encompassing dinosaur fossils to clan warfare, the Highland Clearances to the infamous “Bonnie Prince Charlie” and the Jacobite Rebellion. (Both Clan MacDonald and Clan MacLeod have their Clan Castles on the island.)

Skye is also a great destination for wildlife watching, with otters, seals, whales, dolphins and red deer just some of the creatures that can be seen on and around the island.

Portree

The village of Portree, situated on the east side of Skye overlooking a sheltered bay, is the capital of the island. It is only about 200 years old, originally created as a fishing village at the beginning of the 19th century by the then Lord MacDonald.

Portree is surrounded by hills: Ben Tianavaig to the south and Suidh Fhinn or Fingal’s Seat to the west; Ben Chrachaig is to the north. Further north along the road to Staffin is the Old Man of Storr, a large pinnacle of rock that stands high and can be seen for miles around.

The name “Portree” comes from the Gaelic for “Port on the Slope”.

October

OCT

ISLE OF COLL, INNER HEBRIDES

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Friday 6th – Wednesday 11th October

5 nights



Dark Sky Astronomy Extended Break

A remote rural break on the Isle of Coll, focusing on astronomy and stargazing. There will be opportunities to tour the island and enjoy the landscape – and plenty of time for relaxation and socialising.

Friday night will be spent in Oban before taking an early ferry to the Isle of Coll on the Saturday. We will also stay in Oban on Tuesday night as it's a late ferry, travelling back to Edinburgh on Wednesday. On the island itself we will be staying at Tigh Na Mara Guesthouse.

Note that a reasonable level of fitness is required to walk around the island.

The Isle of Coll

The Isle of Coll is a small Hebridean island about four miles west of Mull. It is approximately 13 miles long and three miles wide, and has a population of around 200 permanent residents.

The island is a holiday destination for many seeking peace and quiet, and those who enjoy nature and the natural beauty of the Hebrides. The island has one village, Arinagour, which houses all the island's amenities.

The Isle of Coll has quite a mild climate and there are often bright clear skies even when the surrounding area is overcast. In midsummer there can be almost no darkness. However, Coll is an incredibly dark place in winter, assisted by the small volume of traffic and the absence of street lighting.

In the depths of winter, daylight hours can be reduced to between 9am and 4pm. These longer dark hours make sky viewing an exciting prospect.

In December 2013, Coll secured "dark skies" status, cementing its reputation as one of the best stargazing locations in the UK. It was only the second area in Scotland to be so recognised (after Galloway Forest Park).

October

OCT

CRAY HOUSE, PERTSHIRE

23 24 25 26

Monday 23rd – Thursday 26th October

3 nights

Midweek Yoga & Relaxation Break

A remote rural midweek break in the foothills of Glenshee.

Cray House is an ideal base for exploring Blairgowrie. Opportunities include enjoying a relaxing treatment, taking time out to do some yoga, walking, wildlife watching – and a visit to Blairgowrie for a browse around the shops.

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.

November

NOV

ATHOLL CENTRE, PITLOCHRY

Friday 3rd – Sunday 5th November

3

4

5

2 nights

Enchanted Forest Weekend Break

A break staying at the Atholl Centre in Pitlochry, nestled within the stunning scenery of Highland Perthshire, where we will visit the Enchanted Forest and view the spectacular light festival.

There will also be plenty of opportunities to relax and explore the local area.

The Enchanted Forest

Over the last two decades more than 650,000 visitors have flocked to Scotland's favourite sound and light show making The Enchanted Forest a must see for families across the country.

Set your imagination alight with dazzling visuals and innovative design, all choreographed against an original music score, while you explore the stunning autumn woodland setting of Forestry & Land Scotland's Faskally Wood near Pitlochry.

Using the magnificent Faskally Wood as a natural backdrop, you will experience a sound and light show experience that is simply magical.

January

JAN

PANTOMIME CITY BREAK, GLASGOW

Friday 5th – Sunday 7th January

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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 matinee performance of the pantomime *Snow White and the Seven Dwarfs*, meals out and plenty of time to browse the shops and take in the last of the festive season.

Snow White and the Seven Dwarfs

Taking place at Glasgow's King's Theatre, this season's staging of *Snow White and the Seven Dwarfs* stars pantomime legends Elaine C Smith and Johnny Mac.

The classic story will be spectacularly brought to life with an abundance of comedy, sensational song and dance numbers, fabulous costumes and stunning scenery.

With Darren Brownlie, the magnificent seven and plenty of audience participation and you have the perfect recipe to outwit the Wicked Queen and let love prevail in this glittering festive treat for all ages.

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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



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