

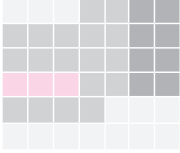


Care for Carers

Supporting those who care for others

STEPPING OUT[®] 2024

FEBRUARY 2024 - JANUARY 2025 | 19 BREAKS



FEB
19

WOMEN ONLY RELAXATION RETREAT

WHITEKIRK HILL

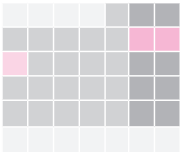
EAST LOTHIAN | 19 - 21 FEBRUARY | 2 NIGHTS

We will spend a couple of nights away at a retreat, located on 140 acres of stunning East Lothian countryside at the edge of the seaside town of North Berwick.

Whitekirk Hill is set within a breathtaking landscape but still only half an hour from Edinburgh, and features luxurious self catering accommodation and an award-winning spa.

We will be staying in lodges situated on site and you will have access to use the leisure facilities, including the gym, swimming pool, spa bath and sauna/steam room.

We will take a trip to North Berwick at some point, while the remainder of our time will be spent relaxing and socialising, perhaps involving activities such as a movie or games night.



MAR
09

DUNDEE QUEENZ THEATRE TRIP & MUSEUMS

THEATRE BREAK

DUNDEE | 09 - 11 MARCH | 2 NIGHTS

A city break to Dundee which includes a theatre visit to see the sensational *QUEENZ* – “the show with balls”!

Direct from its sensational triumph on the glittery stages of London’s West End, *QUEENZ* is an unrivalled force in drag entertainment: a drag extravaganza which has left global audiences awestruck, where dazzling divas take you on a roll-

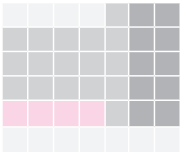
ercoaster ride of fun and fabulousness. *QUEENZ* is a show which promises to deliver us “an unforgettable evening of laughter, dancing and glitter”!

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 and eating out for our meals.



CRAY HOUSE AS SEEN FROM THE LOCH



ACTIVITIES & EXPLORATION IN PERTSHIRE

CRAY HOUSE

BLAIRGOWRIE | 25 - 28 MARCH | 3 NIGHTS

MAR
25

A remote rural midweek break in the foothills of Glenshee.

Cray House is an ideal base for exploring the area of Blairgowrie. Set in idyllic highland Perthshire, it was originally a stately shooting lodge. Twenty acres of private grounds provide large open lawns, including a putting green, a children's play park and your very own loch.

Activities include visiting a local gin distillery and wild-life watching, plus a visit to Blairgowrie for a browse round the shops and lunch.

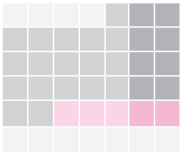
There will be an opportunity to have a relaxing treatment, exploring alternative therapies.

There will also be plenty of time for relaxation and socialising with a movie or games night to keep you entertained.

MARCH / 2024



THE HARBOUR AT COLL



RELAXATION & RECOGNITION WORKSHOP

ISLE OF COLL

INNER HEBRIDES | 27 - 31 MARCH | 4 NIGHTS

MAR
27

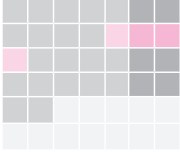
A remote rural break on the beautiful Isle of Coll.

Our break will be focused on a workshop looking at how we can take time out for ourselves in our busy lives. The demands made on us are ever growing but our capacity for more has not increased. We have become human “doings” instead of human “beings”. The question we must ask ourselves is, “where am I

in all of this?” — this workshop will create a space and environment to enable us to do just that.

We will have walks to the beach, an art/craft workshop, plus lots of time to relax and rest with home-cooked food within comfortable surroundings.

The Wednesday night will be spent in Oban before catching the early morning ferry to Coll.



COASTAL EXPLORATION & LOCAL MUSIC

THE SAIL LOFT

PORTSOY | 12 - 15 APRIL | 3 NIGHTS

APR
12

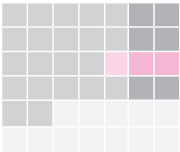
A weekend break staying at the refurbished Sail Loft hostel, in the picturesque village of Portsoy on the Northeast coast of Aberdeenshire.

Overlooking Portsoy's beautiful Links Bay beach and surrounded by rugged headlands, there is no better location to escape from it all and relax. With plenty of time for exploration of the area, we will be taking

leisurely walks, visiting the villages along the coastline and taking a trip to the dolphin-watching centre. Discover the heritage of Portsoy as you visit the harbour which dates back to 1692 and the beautiful Loch Soy.

There will also be an evening of music featuring local musicians.

There will be **some sharing required** for the accommodation.



YOGA & MINDFULNESS WEEKEND

KAGYU SAMYE LING

ESKDALEMUIR | 19 - 21 APRIL | 2 NIGHTS

APR
19

A two night rural break in the tranquil setting of the Kagyu Samye Ling monastery.

Kagyu Samye Ling was the first Tibetan Buddhist Centre to have been established in the West. Founded in 1967, the monastery is ideally located in a peaceful valley on the banks of the river Esk. It is a centre for the preservation of Tibetan culture, medicine and art,

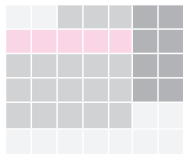
offering instruction in Buddhist philosophy and meditation.

The retreat will include opportunities to take part in prayer and meditation in the main Temple. We will hold our own Yoga & Mindfulness sessions.

Please note that **the menu consists entirely of vegetarian food**, eaten in a communal area with everyone staying at the monastery.



DRAMATIC SCENERY ON THE ISLE OF COLL



REMOTE ISLAND MIDWEEK BREAK

ISLE OF COLL

INNER HEBRIDES | 06 - 10 MAY | 4 NIGHTS

MAY
06

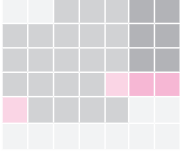
A remote rural midweek break on the Isle of Coll.

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 has one village, Arinagour, which houses all the island's amenities.

Our visit will include a boat trip (weather permit-

ting), the opportunity to join a walking tour of the island to enjoy the landscape, and a walk along one of the stunning beaches. We will also have some fun activities such as arts and crafts, with plenty of time for exploration, socialising and relaxation.

Monday night will be spent at Oban Youth Hostel, prior to taking the afternoon ferry crossing on the Tuesday.



MAY
24

RELAXATION & EXPLORATION WEEKEND

NETHERURD

BLYTH BRIDGE | 24 - 27 MAY | 3 NIGHTS

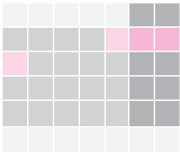
A break staying in the newly renovated Garden House apartments, set within two acres of walled garden.

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.

This will be a relaxed stay, experiencing the local surroundings and participating in gentle outdoor activities.

We will also take a trip to visit nearby Dawyck Botanic Gardens, home to one of Scotland's finest tree collections and an abundance of plant treasures from around the world.

We will enjoy a mix of home cooking and going out for meals.



JUN
07

REMOTE ISLAND WEEKEND BREAK

ISLE OF ARRAN

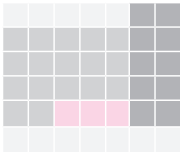
INNER HEBRIDES | 07 - 10 JUNE | 3 NIGHTS

A remote rural break on the beautiful island of Arran, staying at the Kinloch Hotel in Black Waterfoot.

Arran is the largest island on the Firth of Clyde and is often referred to as "Scotland in miniature" due to the variety of terrain across its 167 square miles: coastal pathways, forests and lochs, plus many archaeological locations scattered around the island.

This will be an active break, exploring Arran and its wonderful scenery. We will do some gentle hill walking and explore sites such as The Kings Caves. This will necessitate a **good level of fitness** for this trip.

You will have the opportunity to use the swimming pool in the hotel during your leisure time and take a walk along the beach to refresh your senses each day.



JUN
26

YOGA & MINDFULNESS MIDWEEK BREAK

WISTON LODGE

BIGGAR | 26 - 28 JUNE | 2 NIGHTS

The group will have sole use of this beautiful old Victorian hunting lodge and surrounding cabins, settled in a woodland estate.

Wiston Lodge was built in the 1850s by James Ferguson 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 grave-

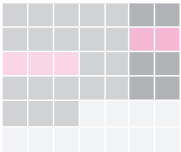
yard. Used as a YMCA for some years, Wiston Lodge eventually became an independent charity in 2006.

The main focus of this weekend will be Yoga & Mindfulness sessions. We will also have time for some gentle outdoor activities and a chance to explore the area, relax and unwind.

There may be a requirement to [share a room](#) with another carer.



PADDLE BOARDING ON THE ISLE OF LISMORE



JUL
13

REMOTE RURAL ISLAND BREAK

ISLE OF LISMORE

INNER HEBRIDES | 13 - 17 JULY | 4 NIGHTS

A remote rural break on the tranquil island of Lismore.

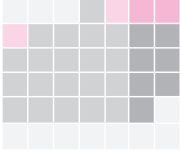
An Inner Hebridean island near Oban, Lismore is approximately ten miles long by one mile wide, with only a single paved track running up the top nine miles.

The island was called the “Great Garden” because, being relatively low lying, it is very green and fertile compared with the mountains of Mull and the main-

land, with over 130 bird species and an abundance or rare wildflowers. It is surrounded by the waters of Loch Linnhe.

Our visit will include a guided tour of the island, home cooking and the opportunity to watch a sheep-herding demonstration.

Note that the walks and exploration during our visit will require a **reasonable level of fitness**.



**AUG
02**

RELAXATION & EXPLORATION WEEKEND

NETHERURD

BLYTH BRIDGE | 02 - 05 AUGUST | 3 NIGHTS

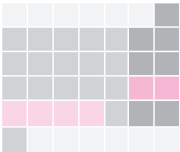
A break staying in the newly renovated Garden House apartments, set within two acres of walled garden.

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.

This will be a relaxed stay, experiencing the local surroundings and participating in gentle outdoor activities.

We will also take a trip to visit nearby Dawyck Botanic Gardens, home to one of Scotland's finest tree collections and an abundance of plant treasures from around the world.

We will enjoy a mix of home cooking and going out for meals.



**SEP
21**

TEXTILES & CRAFTS EXTENDED BREAK

ISLE OF SKYE

PORTREE | 21 - 26 SEPTEMBER | 5 NIGHTS

A rural break where we will find out about different textiles, taking part in workshops and observing hand spinners and other skilled local crafters.

We will be staying in Portree, the capital, and will spend time touring around various parts of Skye.

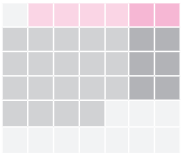
Portree is situated on the east side of Skye overlooking a sheltered bay. It is only about 200 years old,

originally created as a fishing village at the beginning of the 19th century. It is surrounded by hills including Fingal's Seat to the west and further to the north is the famous pinnacle of rock known as the Old Man of Storr. The name "Portree" comes from the Gaelic for "Port on the Slope".

We will enjoy a mix of eating out and home-cooked meals during our stay.



INTREPID EXPLORERS OF THE ISLE OF RUM



OCT
01

DARK SKY ASTRONOMY EXTENDED BREAK

ISLE OF RUM

INNER HEBRIDES | 01 - 06 OCTOBER | 5 NIGHTS

This is one of the most remote breaks we have been on: an immersive nature and star gazing adventure in the stunning rural environment of Rum, the largest of the Small Isles but inhabited by only 40 people.

There will be plenty of opportunities to relax, read, go bird watching or wild swimming – and, if we are lucky, perhaps the chance to catch a glimpse of the

Northern Lights.

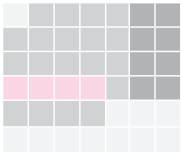
The first and last night will be spent at the Marine Hotel, Mallaig, returning to Edinburgh on the Sunday.

We will be staying in bunkhouse accommodation on the island itself, meaning that **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.



SUNSET OVER LAIRD'S LOCH NEAR BLAIRGOWRIE



ACTIVITIES & EXPLORATION IN PERTSHIRE

CRAY HOUSE

BLAIRGOWRIE | 21 - 24 OCTOBER | 3 NIGHTS

OCT
21

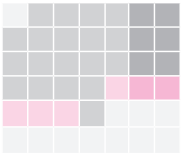
A remote rural midweek break in the foothills of Glenshee.

Cray House is an ideal base for exploring the area of Blairgowrie. Set in idyllic highland Perthshire, it was originally a stately shooting lodge. Twenty acres of private grounds provide large open lawns, including a putting green, a children's play park and your very own loch.

Activities include visiting a local gin distillery and wild-life watching, plus a visit to Blairgowrie for a browse round the shops and lunch.

There will be an opportunity to have a relaxing treatment, exploring alternative therapies.

There will also be plenty of time for relaxation and socialising with a movie or games night to keep you entertained.



OCT
25

DARK SKY ASTRONOMY EXTENDED BREAK

ISLE OF COLL

INNER HEBRIDES | 25 - 30 OCTOBER | 5 NIGHTS

A remote rural break on the Isle of Coll, focusing on astronomy and stargazing.

Coll secured “dark skies” status in 2013, cementing its reputation as one of the best stargazing locations in the UK. It has a mild climate and often has clear skies.

There will be opportunities to tour the island and enjoy the landscape – and plenty of time for relaxation and socialising.

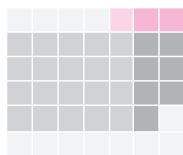
Friday night will be spent in Oban before taking an early ferry to the Isle of Coll on the Saturday. We will also stay in Oban on Tuesday night as it’s a late ferry, travelling back to Edinburgh on Wednesday. On the island itself, we will be staying at Tigh Na Mara Guesthouse.

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

NOVEMBER / 2024



ENTERING THE ENCHANTED FOREST AT PITLOCHRY



PITLOCHRY LIGHT FESTIVAL WEEKEND BREAK

ENCHANTED FOREST

PITLOCHRY | 01 - 03 NOVEMBER | 2 NIGHTS

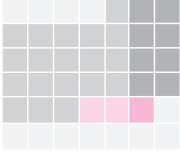
NOV
01

A break staying at McKay's Hotel, Pitlochry, nestled within the stunning scenery of Highland Perthshire, where we will visit the Enchanted Forest and view the spectacular light festival.

Over the last two decades more than 650,000 visitors have flocked to Scotland's must-see Enchanted Forest light show. It is an experience consisting of

dazzling visuals and innovative design — all choreographed against an original music score and with the stunning woodland setting of Forestry & Land Scotland's Faskally Wood as its backdrop.

As well as our visit to the Forest there will also be plenty of opportunities to relax, explore the local area and enjoy meals out in Pitlochry itself.



NOV
28

GLASGOW ALADDIN THEATRE TRIP

THEATRE BREAK

GLASGOW | 28 - 30 NOVEMBER | 2 NIGHTS

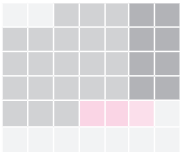
A short city break to Glasgow where we will be staying at the Novotel Hotel.

There will be a theatre trip to see the musical *Aladdin* at the Theatre Royal, meals out and plenty of time to do some shopping and relax.

Based on the timeless Disney movie, *Aladdin* the musical follows the adventurous Aladdin as he embarks on a journey to win the heart of Princess Jas-

mine and defeat the wicked Jafar.

With the help of his genie, Aladdin navigates the streets of Agrabah and discovers that there's more to life than just material wealth. Disney's *Aladdin* includes all your favourite songs as well as a few new songs for the stage, all of which come together to tell this truly magical tale in spectacular fashion.



JAN
30
2025

GLASGOW HAIRSPRAY THEATRE TRIP

THEATRE BREAK

GLASGOW | 30 JANUARY - 01 FEBRUARY | 2 NIGHTS

A short city break to Glasgow, once again staying at the Novotel Hotel.

Our theatre trip will take us to see the musical *Hairspray* at the King's Theatre; there will also be meals out and opportunities for relaxation and shopping.

Hairspray welcomes us to the 1960s, where everyone's grooving to a brand-new sound! Enter Tracy Turnblad, with big hair, big

heart, and big dreams to dance her way onto national TV.

On her journey to become accepted, Tracy befriends Link Larkin the teen idol, Seaweed, Little Innez and Motormouth Maybelle. Can the new girl in town help win Link Larkin's heart?

This fun-filled, feel-good show is filled with dizzying dance routines that you can't help but shimmy to!

STEPPING OUT[®] 2024

FEBRUARY 2024 - JANUARY 2025 | 19 BREAKS

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. However, places are limited and applying does not guarantee a place. We aim to offer all applicants one break per year, but this may vary depending on funding streams.

HOW TO APPLY

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/X @Edincare4carers



BY POST **Stepping Out 2024**
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151 London Road
Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Health & Social Care Partnership, the Edinburgh Integrated Joint Board, the Bank of Scotland Foundation, Women's Fund For Scotland, RAS200, NHS Lothian, Carers Trust, the Robertson Trust, Short Breaks, the Postcode Lottery and the National Lottery Community Fund. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.



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