

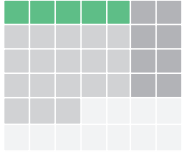


Care for Carers

Supporting people who care for others

STEPPING OUT[®] 2025

MARCH - NOVEMBER 2025 | 11 EXTENDED BREAKS



**MAR
31**

RELAXATION & RECOGNITION WORKSHOP

ISLE OF COLL

INNER HEBRIDES | 31 MARCH - 04 APRIL | 4 NIGHTS

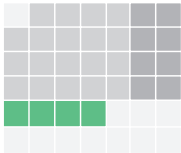
A remote rural break on the beautiful Isle of Coll.

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



**APR
28**

ACTIVITIES & EXPLORATION IN PERTSHIRE

CRAY HOUSE

BLAIRGOWRIE | 28 APRIL - 01 MAY | 3 NIGHTS

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.

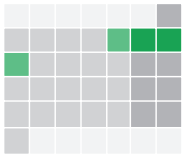
Activities include visiting a local gin distillery and wildlife watching, plus a visit to Blairgowrie for a browse round the shops and lunch.

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.



FRIENDLY FACES ON THE ISLE OF ARRAN



JUN
06

REMOTE ISLAND WEEKEND BREAK

ISLE OF ARRAN

INNER HEBRIDES | 06 - 09 JUNE | 3 NIGHTS

A remote rural break on the beautiful island of Arran, staying in hotel accommodation.

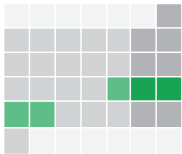
The largest island on the Firth of Clyde, Arran is often referred to as “Scotland in miniature” due to the variety of terrain across its 167 square miles: coastal pathways, forests and lochs, plus many archaeological locations scattered around the island.

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 relax and explore the local area, perhaps taking a walk along the beach to refresh and invigorate your senses each day.



LUNCHTIME AT A CROFT ON THE ISLE OF LISMORE



**JUN
20**

REMOTE RURAL ISLAND BREAK

ISLE OF LISMORE

INNER HEBRIDES | 20 - 24 JUNE | 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-

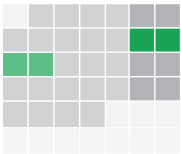
land, with over 130 bird species and an abundance or rare wildflowers.

Our visit will include a guided tour of the island, a tour round a local croft, and the chance to take part in a crafting workshop. There will also be plenty of time for rest and relaxation, with home-cooked food and comfortable surroundings.

A good level of fitness is required for this trip.



THE PORTSOY DOLPHIN SCULPTURE BY LOCAL ARTIST CARN STADING



JUL
12

COASTAL EXPLORATION & NATURE WATCHING

PORTSOY BREAK

ABERDEENSHIRE | 12 - 15 JULY | 3 NIGHTS

A break staying in a refurbished local hostel in the picturesque village of Portsoy, on the northeast coast of Aberdeenshire.

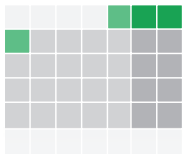
Lying on the Moray coast between Cullen and Banff, Portsoy is a charming port village. Overlooking the beautiful Links Bay beach and surrounded by rugged headlands, there is no better location to escape from it all and relax.

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



THE ENTRANCE TO THE NETHERURD GARDEN HOUSE



**AUG
01**

RELAXATION & EXPLORATION WEEKEND

NETHERURD

BLYTH BRIDGE | 01 - 04 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 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.

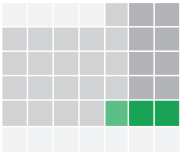
We will enjoy a mix of home cooking and going out for meals.



A CITY BREAK FOR A COUNTRY NIGHT IN NASHVILLE

THEATRE BREAK

DUNDEE | 29 - 31 AUGUST | 2 NIGHTS



**AUG
29**

A city break to Dundee which includes a theatre visit to see *A Country Night in Nashville*.

Direct from The Royal Albert Hall, this show recreates the scene of a buzzing honky tonk in downtown Nashville, transporting you on a musical journey through the history of Country. The show includes songs from its biggest stars both past and present —

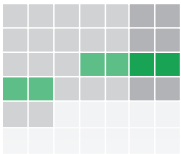
Johnny Cash, Alan Jackson, Dolly Parton, Willie Nelson — all showcased by the amazing Dominic Halpin and the Hurricanes.

There will be the chance to visit the Discovery Museum and the V&A Museum, plus time for socialising, shopping and relaxation.

We will be staying at a local hotel for this break and eating out for meals.



THE REFRESHING WATERS OF THE ISLE OF RUM



SEP
18

DARK SKY ASTRONOMY EXTENDED BREAK

ISLE OF RUM

INNER HEBRIDES | 18 - 23 SEPTEMBER | 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 yet inhabited by only 40 people.

There will also 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.

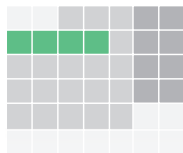
The first and last night will be spent in a hotel, in Malaig, returning to Edinburgh on the Tuesday.

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.



A VIEW OF CRAY HOUSE FROM THE PRIVATE LOCH



OCT
06

ACTIVITIES & EXPLORATION IN PERTSHIRE

CRAY HOUSE

PERTSHIRE | 06 - 09 OCTOBER | 3 NIGHTS

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 wildlife watching, plus a visit to Blairgowrie for a browse round the shops and lunch.

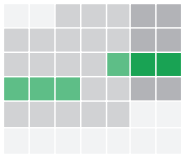
There will be an opportunity to have a relaxing treatment, exploring alternative therapies.

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

OCTOBER / 2025



A VIEW OF THE SHORE FROM A GUESTHOUSE ON COLL



OCT
17

DARK SKY ASTRONOMY EXTENDED BREAK

ISLE OF COLL

INNER HEBRIDES | 17 -22 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.

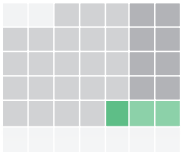
Friday night will be spent in Oban before taking an early ferry to the Isle of Coll on the Saturday. We will also stay in Oban on Tuesday night as it’s a late ferry, travelling back to Edinburgh on Wednesday.

On the island itself, we will be staying at a local guesthouse.

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



DRAMATIC DISPLAYS AT THE ENCHANTED FOREST IN PITLOCHRY



OCT
31

PITLOCHRY LIGHT FESTIVAL WEEKEND BREAK

ENCHANTED FOREST

PITLOCHRY | 31 OCTOBER - 02 NOVEMBER | 2 NIGHTS

A break staying in hotel accommodation in 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.

STEPPING OUT. 2025

MARCH - NOVEMBER 2025 | 11 EXTENDED TRIPS & 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 to register your interest or discuss the breaks.

TELEPHONE 0131 661 2077
EMAIL steppingout@care4carers.org.uk
WEBSITE www.care4carers.org.uk
FACEBOOK facebook.com/care4carersedinburgh
INSTAGRAM instagram.com/care4carersedin



BY POST **Stepping Out Programme 2025**
 Care for Carers
 Room 4.25
 St Margaret's House
 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, NHS Lothian, Carers Trust, Short Breaks, the National Lottery Community Fund and the Postcode Lottery. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.



Edinburgh Health and Social Care Partnership



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