

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. Places are free but limited, however additional places may be available through Self Directed Support payments.

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

Address: **Stepping Out Short Breaks**

Care for Carers

Room 4.25

St Margaret's House

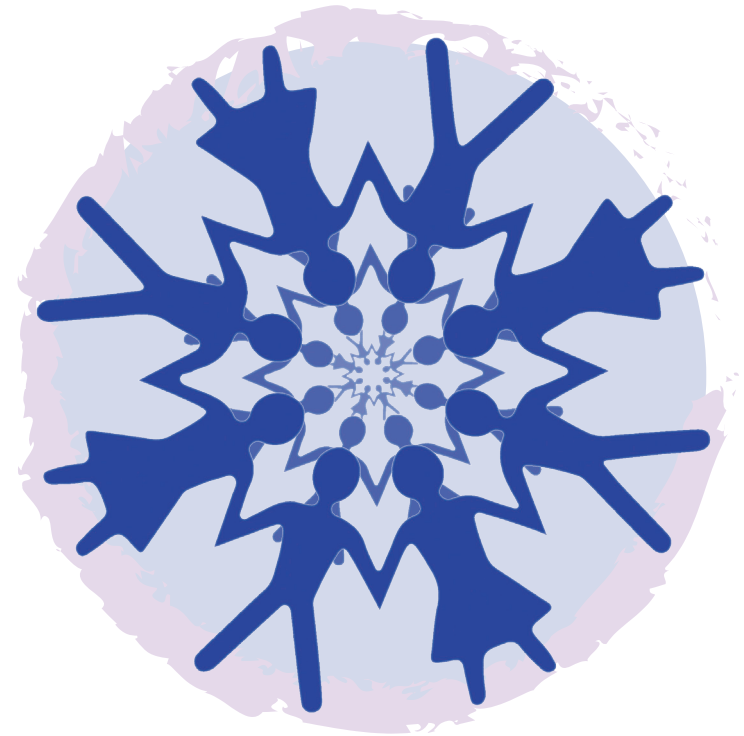
151 London Road

Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Integrated Joint Board, Shared Care Scotland, the Scottish Government, the Royal Astronomical Society, Carers Trust, and Dynamic Earth Learning. Care for Carers is a Respite Partner. 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

2019

Stepping Out[®] Programme 2019

MAR

Stress Management Weekend Break - Linlithgow

Friday 8th - Sunday 10th March (2 nights)

A two night break to the Lowport Centre in Linlithgow with a stress management theme. The weekend will provide therapies, socialising, and skills to help with relaxation and coping with your caring role.

APR

Midweek Break - Dark Sky Astronomy Residential - Isle of Coll

Tuesday 2nd - Friday 5th April (3 nights)

A three night remote rural break on the Isle of Coll. There will be lots of socialising and opportunities for a tour of the island, fun activities, astronomy and stargazing - and time for peaceful relaxation.

Strathdon Guest House - Dundee

Friday 26th - Sunday 28th April (2 nights)

A two night break in Dundee with a visit to the theatre to see *One Night of Elvis*. The weekend will give options to visit the *Discovery* and the V&A museum. A chance to socialise with other carers and relax, away from your caring role.

MAY

Long Weekend Break - Isle of Lismore

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

A three night remote rural break on the lovely tranquil island of Lismore. The retreat will include a tour of the island, activities, home cooking and exploration. The trip will involve a good deal of walking and exploring the island.

JUN

Long Weekend Break - Lodge on the Loch of Aboyne

Friday 14th - Monday 17th June (3 nights)

A three night break at the Lodge on the Loch Spa Retreat, a perfect place to relax, unwind and be pampered. We will have relaxation workshops and activities, as well as a visit to the local area. Carers will have access to the Spa's hot tubs and sauna.

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JUL

Weekend Retreat - Kagyu Samye Ling Monastery

Friday 5th - Sunday 7th July (2 nights)

A two night rural break in the peaceful setting of the Kagyu Samye Ling Monastery. The retreat will include opportunities to take part in prayer, and meditation and mindfulness sessions.

AUG

Women's Only Weekend Break - Linlithgow

Friday 30th August - Sunday 1st September (2 nights)

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

SEP

Long Weekend Break - Isle of Lismore

Friday 13th - Monday 16th September (3 nights)

A three night remote rural break on the lovely tranquil island of Lismore. The retreat will include a tour of the island, activities, home cooking and exploration of the island.

OCT

Weekend Break - Pitlochry

Friday 4th - Sunday 6th October (2 nights)

A two night break staying at the Atholl Centre in Pitlochry. We will have a visit to the Enchanted Forest on the Friday evening and an astronomy session on Saturday evening. There will be plenty of opportunities to relax and explore Pitlochry.

NOV

Weekend Break - Dark Sky Astronomy Residential - Isle of Coll

Friday 1st - Monday 4th November (3 nights)

A three night remote rural break on the Isle of Coll. There will be lots of socialising and opportunities for a tour of the island, fun activities, astronomy and stargazing - and time for peaceful relaxation.

Weekend Break - Linlithgow

Friday 22nd - Sunday 24th November (2 nights)

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