



Care for Carers

STEPPING OUT® 2026

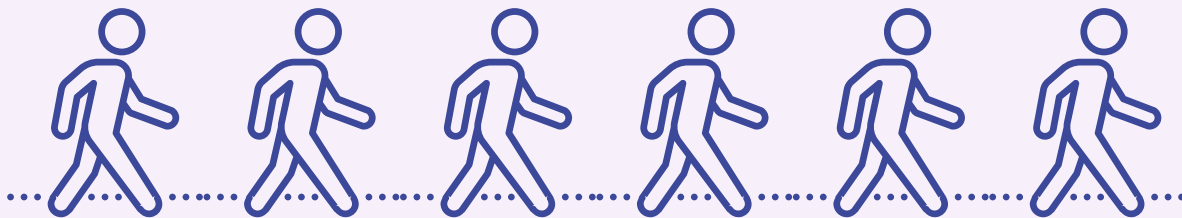


A PROGRAMME OF SHORT & EXTENDED RESIDENTIAL BREAKS FOR UNPAID CARERS, SPECIFICALLY TAILORED TO MEET THEIR NEEDS & PROVIDE A BREAK FROM THEIR CARING SITUATION

FIND OUT MORE
[CARE4CARERS.ORG.UK](https://care4carers.org.uk)
0131 661 2077

FITNESS LEVELS

Please be aware that some of our Stepping Out breaks, particularly the remote rural island breaks, will require a good level of fitness, due to activities and access to transport. On some of the Island trips, the ground may be more uneven, please consider this and be aware for each trip and your own level of fitness, staff are happy to discuss this with applicants.



STEPPING OUT® 2026

Supporting people who care for others

Stepping Out Short Breaks are breaks for unpaid carers, specifically tailored to meet their needs and provide them with a break from their caring situation.

The break is for the carer on their own, and is 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.

Sharing - On some trips, sharing with another carer will be necessary, due to the availability of accommodation, please speak to us if this is a concern.

CALENDAR OF EVENTS - 2026

Thur 26th February (1 night) - Spa Break, Cumbernauld

Tues 10th March (1 night) - Theatre Break, Dundee

Thur 2nd - Tues 7th April (5 nights) - Astronomy, Rum

Mon 27th - Thur 30th April (3 nights) - Relaxation, Cray House

Fri 29th May - Mon 1st June (3 nights) - Remote, Isle of Arran

Fri 19th - Tues 23rd June (4 nights) - Remote, Isle of Lismore

Mon 27th - Thur 30th July (3 nights) - Coastal, Port Soy,

Fri 21st - Mon 24th August (3 nights) - Netherurd, Scottish Borders

Mon 14th - Thur 17th September (3 nights) - Relax, Cray House

Thur 8th - Tues 13th October (5 nights) - Astronomy, Isle of Canna

Fri 23rd October (1 night) - Enchanted Forest, Pitlochry

Fri 6th - Tues 10th November (4 nights) - Astronomy, Isle of Coll

Thur 3rd December (1 night) - Panto, Glasgow

FEBRUARY 2026 - CUMBERNAULD, SPA BREAK

THURSDAY 26TH FEBRUARY, 1 NIGHT



An overnight stay at a Spa Hotel, Cumbernauld - relax and use the Spa facilities, with a short treatment. Then enjoy a social evening meal with the group and a relaxing overnight stay in comfortable surroundings. Have a relaxing start to the following day, with breakfast before travelling back home to Edinburgh.

MARCH 2026 - DUNDEE, THEATRE BREAK

TUESDAY 10TH MARCH, 1 NIGHT



An overnight city break to Dundee which will include a theatre show to see the sensational QUEENZ 'Drag me to the Disco'. Direct from London's West End, the fabulous act are bringing their electrifying drag-stravaganza, to the stage. Get ready for a night where dancing queenz and disco dreams collide. Queenz is a

show which promises to deliver us "an unforgettable evening of laughter, dancing and glitter". There will be time for relaxing, shopping and an evening meal together as a group.

APRIL 2026 - ISLE OF RUM, DARK SKY ASTRONOMY

THURSDAY 2nd - TUESDAY 7th APRIL, 5 NIGHTS



This is one of our most remote breaks, an immersive nature and star gazing adventure in the stunning rural environment of Rum. There will also be plenty of opportunities to relax, read, walk, go bird watching or wild swimming. The first and last night will be spent in a hotel, in Mallaig. We will be staying in bunkhouse accommodation on the Island itself, where sharing with another carer, will be necessary. Please note we will have no transport on the Island, so a good level of fitness is necessary.

APRIL 2026 - CRAY HOUSE, RELAXATION BREAK

MONDAY 27TH - THURSDAY 30TH APRIL, 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.

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

You will have plenty of time to relax and socialise in this beautiful setting.



MAY 2026 - ISLE OF ARRAN, REMOTE BREAK

FRIDAY 29TH MAY - MONDAY 1ST JUNE, 3 NIGHTS



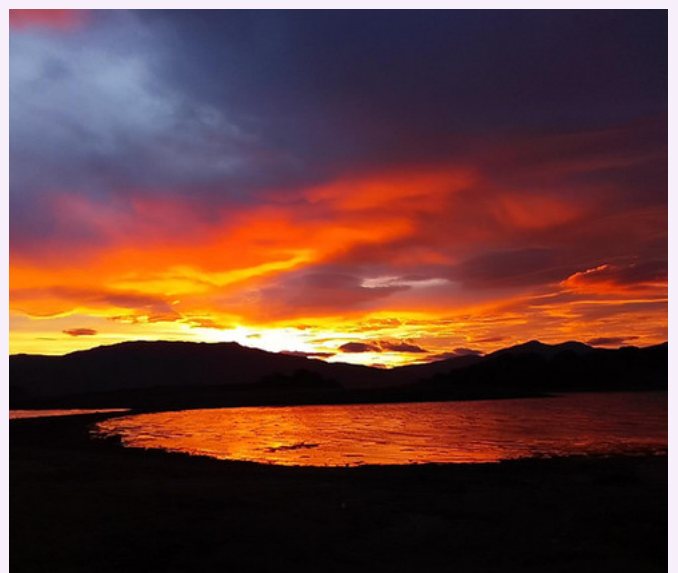
A remote rural break on the beautiful Island of Arran, staying in Hotel accommodation. This will be an active break, exploring Arran and its wonderful scenery. We will do some gentle hill walking and explore some of the Island, which will require a good level of fitness. You will have the opportunity to relax & explore the local area, perhaps taking a walk along the beach to refresh & invigorate your senses each day.

JUNE 2026 - ISLE OF LISMORE, REMOTE BREAK

FRIDAY 19TH - TUESDAY 23RD JUNE, 4 NIGHTS

A remote rural break on the tranquil Isle of Lismore. Our visit will include a guided tour of the Island, some crafting, lots of home made food and time to relax.

Lismore is approximately ten miles long by one mile wide, with only a single paved track running up the top nine miles. A good level of fitness is necessary for this trip.



JULY 2026 - PORT SOY, COASTAL BREAK

MONDAY 27TH - THURSDAY 30TH JULY, 3 NIGHTS

Staying in a beautifully restored local hostel, in the picturesque village of Portsoy, a charming port village. We will have plenty of time for exploring the area, taking leisurely walks and visiting villages along the coastline.



Overlooking the beautiful Links Bay beach and surrounded by rugged headlands, there is no better location to escape from it all and relax. There will be some sharing required for the accommodation. We will have a combination of eating out and home cooked meals.

AUGUST 2026 - NETHERURD, SCOTTISH BORDERS, RELAXATION BREAK

FRIDAY 21ST - MONDAY 24TH AUGUST, 3 NIGHTS

A break staying in the newly renovated Garden House apartments, set within two acres of walled garden and the stunning grounds of Netherurd Estate. It is a tranquil setting overlooking the Henderson Hills. We will explore the local area and take a visit to the nearby Dawyck Botanic gardens and Peebles for a wander round the shops. We will have plenty of time to relax, unwind and socialise.



SEPTEMBER 2026 - CRAY HOUSE, RELAXATION BREAK

MONDAY 14TH - THURSDAY 17TH SEPTEMBER, 3 NIGHTS



A remote rural midweek break in the foothills of Glenshee.

Cray House is an ideal base for exploring the area of Blairgowrie, with plenty of local walks.

Set in idyllic highland Perthshire, it was originally a stately shooting lodge. There will be an opportunity to have a relaxing treatment, exploring alternative therapies. You will have plenty of time to relax and socialise in this beautiful setting.

OCTOBER 2026 - CANNA, DARK SKY ASTRONOMY

THURSDAY 8TH - TUESDAY 13TH OCTOBER, 5 NIGHTS

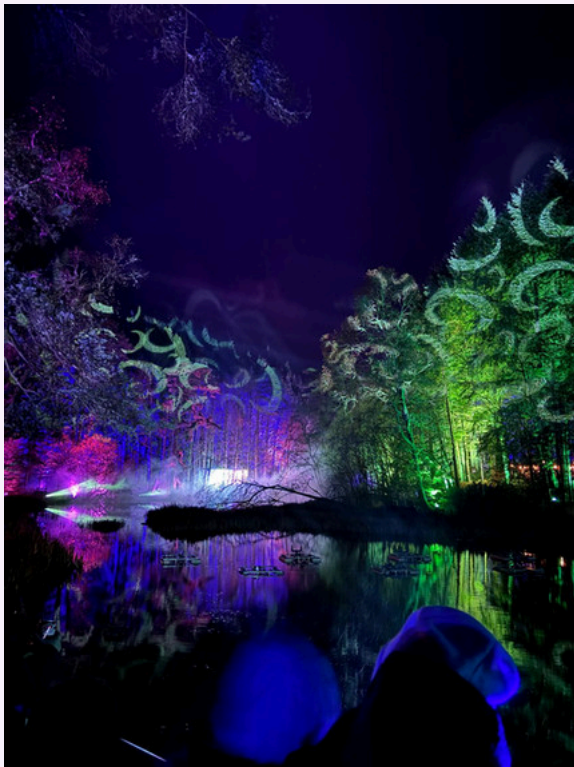
This will be our first visit to the remote Island of Canna, which is the western most of the small isles archipelago, in the Scottish Inner Hebrides. There will be plenty of opportunities to relax, read and look at the dark skies, with any luck we might catch a glimpse of the Northern Lights.

As accommodation is limited, there will be a requirement to share. Please note that we will have no transport on the island, so a good level of fitness is necessary.



OCTOBER 2026 - PITLOCHRY, ENCHANTED FOREST

FRIDAY 23RD OCTOBER, 1 NIGHT



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. It is an experience consisting of dazzling visuals and innovative design, all choreographed against an original music score, with a stunning background. During the break, we will eat together and have a chance to explore the local area and relax.

NOVEMBER 2026 - ISLE OF COLL, ASTRONOMY

FRIDAY 6TH - TUESDAY 10TH NOVEMBER 2026

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. There will be opportunities to explore one of the beaches and plenty of time for relaxation and socialising. Friday night will be spent in Oban before taking the early ferry. A reasonable level of fitness is required to walk around the Island. It will be a late return on Tues night.



DECEMBER 2026 - GLASGOW, PANTO, THEATRE BREAK

THURSDAY 3RD DEC 2026

Staying in a hotel for an overnight break in Glasgow we will enjoy a Theatre visit to see the pantomime 'Aladdin'. Entering a whole new world of pantomime with this brand new version of Aladdin starring Elaine C Smith & Johnny Mac.



There will be time for some Christmas shopping, relaxing and an evening meal together as a group.

FEEDBACK FROM CARERS

A SAMPLE OF WHAT CARERS HAVE SAID AFTER A TRIP...

Fulfilled Seen Warm
Uplifted Refreshed
Energised Confident
Grateful Happy
Relaxed
Appreciative Peaceful
New Friends Positive
Chilled Rested
Content More Connected





CARE FOR CARERS

Supporting people who care for others

HOW TO APPLY

Send us your completed application form or scan the QR code to apply online.

If you would like more information, or to discuss suitability for any trip, or if you have any questions, please get in touch.

Please note that places are limited and there is no guarantee of being allocated a space, but we will do our best to offer all applicants one break per year, this may vary depending on funding streams.

CONTACT US

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Stepping Out™ Residential Breaks
Application Form



Care for Carers is funded by the Edinburgh Health and 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.