

DAY BREAKS ANNOUNCED

People can find it difficult to stay on a break overnight and we're often asked whether we run breaks for just one day. We are delighted to announce that this year we will be offering day breaks for the first time.

Just like our group breaks, day breaks are open to people with mental health problems and their carers - you may wish to go away on your own, with your carer, or your carer may wish to have time out to recuperate on their own. Either way, a day break can help your mood and give you something to look forward to throughout the year.

To ensure you feel safe and secure and enjoy your time away, all our breaks are delivered by experienced staff. Having trained staff on hand helps to alleviate anxieties and ensures you get the support you need.

Get in contact for more details!



NEW SPA BREAKS

Many people have said that they would love a day out to a spa to unwind. Self investment is an important part of wellbeing and a day being pampered and enjoying leisure facilities is a great way to achieve this.

Spa days will be running in Glasgow, Edinburgh and Dundee starting in May 2016.

Spa breaks include one treatment, lunch and use of leisure facilities and staff support. Maximum five people per group.

CONTACT US FOR DETAILS | **COST £79**

CONTACT US

For more information contact Mandy McLernon on:

T 07799 191 114

E mandy.mclernon@penumbra.org.uk



penumbra.org.uk/NovaShortBreaks



[@penumbra_scot](https://twitter.com/penumbra_scot)



Facebook.com/PenumbraScotland

DESIGN YOUR OWN DAY BREAK

People enjoy different activities and require different types of support. We want to offer flexibility and choice and we can help you plan a day break that meets your needs.

Whether you fancy a trip to the Edinburgh Fringe, a walking holiday, a day out to see the Kelpies in Falkirk, or an outing to watch a concert, we can arrange a break that is specific to what you want.

You may wish to do a day break on your own with a member of staff, or you may wish to reduce the costs by organising a small group break.

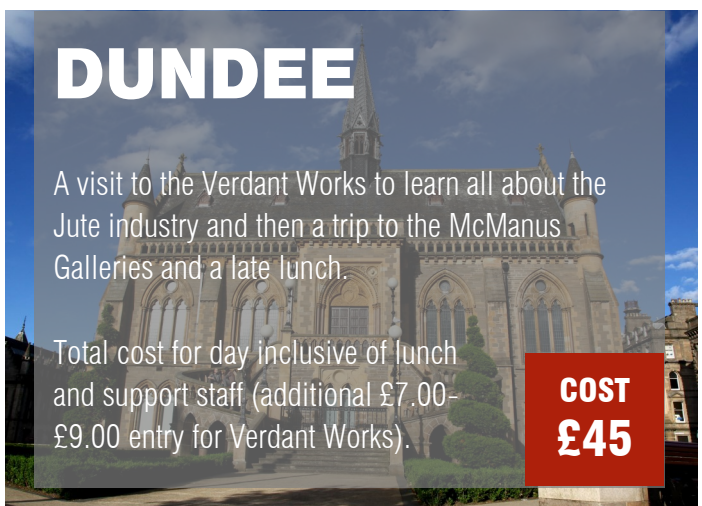
Make sure you think about the following if you want to plan a break with us. Where would you like to go and what would you like to do? How long would you like your break to be? How far are you able to travel? How much can you afford?

Contact us to discuss in further detail.

SIGHTSEEING AND HISTORIC DAYS OUT

Some people want to kick back and relax, others want to explore! We are now offering sightseeing and historical days out in Glasgow, Edinburgh and Dundee.

Breaks feature two trained staff and peer volunteers. Ten people maximum.



DUNDEE

A visit to the Verdant Works to learn all about the Jute industry and then a trip to the McManus Galleries and a late lunch.

Total cost for day inclusive of lunch and support staff (additional £7.00-£9.00 entry for Verdant Works).

**COST
£45**

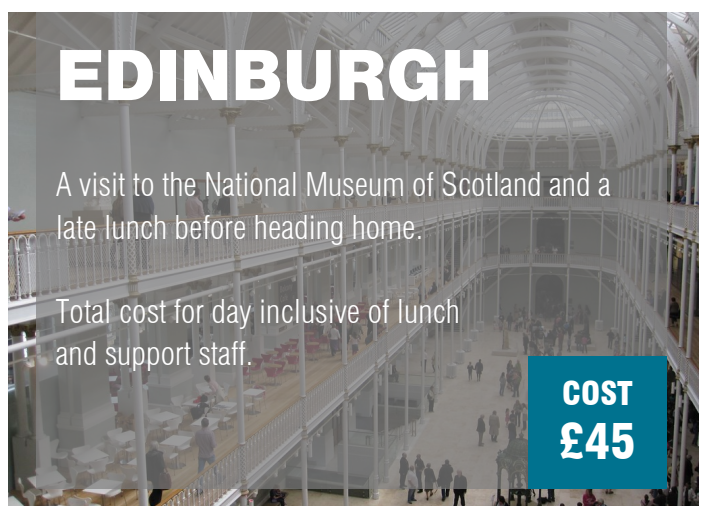


GLASGOW

A visit to the Kelvingrove Art Gallery & Museum and late lunch before heading home.

Total cost for day inclusive of lunch and support staff.

**COST
£45**



EDINBURGH

A visit to the National Museum of Scotland and a late lunch before heading home.

Total cost for day inclusive of lunch and support staff.

**COST
£45**

CONTACT US | 07799 191 114 | mandy.mclernon@penumbra.org.uk

penumbra

Penumbra is a charity (SC 010387) and a company limited by guarantee (SC 091542) registered in Scotland.