

RESPITE AND RECOVERY BREAKS FOR PEOPLE WITH MENTAL HEALTH PROBLEMS AND THEIR CARERS

WHY TAKE A BREAK?

Nova Short Breaks specialises in respite and recovery breaks for people with mental health problems and their carers.

We appreciate that everyone's needs are different, so we have arranged a variety of breaks that will match different needs.

Time out from familiar surroundings provides an opportunity for people to work on their wellbeing with qualified staff. For most people, going on a short break can prevent hospital admissions. Looking after our mental wellbeing and having things to look forward to is important for staying well.

“

The breaks really help my stress and anxiety and helps me to relax

”

Nova Short Breaks client



GROUP BREAKS

Group breaks are popular because they are very cost effective, allowing people to have more breaks throughout the year.

Having things to look forward to is vital to our mental and emotional wellbeing.

All of our group breaks have staff available during the day and night to offer support. We appreciate that for some people feeling safe means having staff on hand to help through anxiety.

We believe in making people feel valued. We ensure that there is home cooked food on the table and guests are respected and listened to at all times. All break prices are inclusive of support, own room and meals.

CONTACT US

If you would like to know any more about the group breaks, to secure a space or If you are looking for a one to one supported break or carers respite – please contact Mandy McLernon

T 07799 191 114 | E mandy.mclernon@penumbra.org.uk | W penumbra.org.uk/NovaShortBreaks

FIFE WELLBEING AND RECOVERY RETREAT

UP TO
THREE
GUESTS

UP TO
FOUR
NIGHTS

This break is guaranteed to promote rest and relaxation! You have the option of staying for three or four nights in accommodation with beautiful views of the Fife coastline (suitable for people with mobility problems).

Focus on recovery and wellbeing and work with staff to identify goals to work on when at home. Guests can try relaxation sessions, arts and crafts and wellbeing workshops (POWWOWs), working as a group to share positive coping strategies on managing stress, healthy relationships and realising your potential.

Dates: **20 - 27 May**

Cost: **£455.00 to £590.00**

STIRLING SIGHTSEEING

**APRIL TRIP:
ONE PLACE LEFT**

Guests often want to visit new places and see new things. This cottage accommodation is situated in peaceful countryside just outside Stirling, but also benefits from good transport links to a number of major cities.

In the past we have visited Dundee to see HMS Discovery, taken a day trip to Blair Drummond Safari Park and headed to Calendar for the day. This break is very popular and books up quickly!

Dates: **16 - 22 April**
9 - 16 July

Cost: **£950.00**

(shorter stays may be available)

EDINBURGH CITY BREAK

UP TO
FOUR
GUESTS

**MARCH TRIP
FULLY BOOKED**

People were missing our breaks to Edinburgh!

We have secured five star accommodation for this break to ensure that our guests experience feeling valued and living in comfort.

Edinburgh is a vibrant city with lots of things to do. Guests can take part in activities as a group or go off and do their own thing.

Dates: **12 - 17 June**

18 - 23 September

Cost: **£742**

ABERDEEN

We provide guest house style accommodation in Aberdeen, primarily for people living in the Grampian area, but we also take referrals from other Scottish local authorities.

For more details call 01224 642 854.

CONTACT US

For more information on all breaks please contact Mandy McLernon on:

T 07799 191 114

E mandy.mclernon@penumbra.org.uk

W penumbra.org.uk/NovaShortBreaks

penumbra

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