

Carers’ Big Day Out at Foxlake

11 June 2021

Now that restrictions are easing, we thought we’d make an effort to get everyone out and about in the fresh air. Foxlake have kindly agreed to help us stage a Carers’ Big Day Out on 11 June as part of Carers Week. Foxlake is set in lovely grounds, so if you would like your Big Day Out to be about having a potter, a chat and a cup of tea, you’ll be fine. However, if you are feeling adventurous, there is a fantastic range of activities for you to try. Foxlake staff will be on hand to give you all the support you need to take part safely.

Please fill in this short form to let us know if you would like to come, what you’d like to do, and how we can make it easier for you to be there. Please come and join us. There’s something for everyone and after the year that carers have had, it’s time to have some fun.

# Activities

I would like to attend the:

* morning session (10am – 1pm) □
* afternoon session (2pm-5pm) □

You can find a list of activities on offer at Foxlake with full descriptions at <https://www.foxlake.co.uk/>

I would like to try (tick everything that interests you):

* Wakeboarding □
* Foxfall □
* Ziptrail □
* Ringos □
* Segway □
* Swim □
* Gentle walk round the grounds □
* Morning Coffee/Afternoon Tea □

# About me

My name is…………………………………………………………….

I am:

* A young carer (aged 18 and under) □
* A young adult carer (aged 18-25) □
* An adult carer (aged 25+) □

# Getting there

I would need help with transport to get to Foxlake and back □

I would need someone to stay with the person I look after while I am out □

I would like to bring the person I care for with me □

Their name is ………………………………………………………..

I (and/or my companion) have particular requirements for:

* Access – please explain in the box below
* Diet – please explain in the box below

Is there anything else that would make it easier for you and/or your companion to attend? Please explain in the box below.

# Contact

Please let us know the best way to contact you. Please tick your preferred option and provide the relevant information.

* Email ……………………………………………………………
* Phone ………………………………………………………….
* Text …………………………………………………………….
* Other ………………………………………………………….

This information will help us to follow up with you to make sure that arrangements are in place to help you to be there – transport, support for the person you care for etc.

# Further information

If you want to have a chat about this or have any questions, please get in touch with Jane at ELHSCP.

* Phone me on 01620 827 755 or 07703 191 218
* Email [jogden-smith@eastlothian.gov.uk](mailto:jogden-smith@eastlothian.gov.uk)

# What to do next

Please:

* email the form back to me at the email address above, or
* phone me and I can fill the form in with you, or
* post your completed form to me at Carers’ Big Day Out, ELHSCP, Room 211, John Muir House, Brewery Park, Haddington EH41 3HA

Please note: during the current homeworking arrangements, email or phone are quicker, but mail will be checked weekly.