



Venturing Out
OUTDOOR ADVENTURES FOR ALL

East Lothian Carers' Adventure Wellbeing Group

**Do you look after someone, age 18+ and live in East Lothian?
Do you like spending time being active and outdoors?**

Venturing Out CIC is running a year long programme of adventurous outdoor activities for unpaid Adult Carers of people aged 18+. These are **free to access** activities aimed at unpaid Adult Carers with the aim of providing a break from the caring routine, meeting other carers and taking time to focus on health & wellbeing.

Activities will be run on weekdays and weekends and will cater for varying levels of fitness and ability. This programme is generously funded by the East Lothian Health & Social Care Partnership.

To get involved, email claire@venturingout.org.uk to register your interest



Venturing Out CIC is an East Lothian based Social Enterprise

We deliver a wide range of outdoor activities with a focus on supporting positive mental health & wellbeing

www.venturingout.org.uk