

Brucefield Estate

Brucefield Estate kindly donated Respitality breaks for carers to take a 2-night stay in their Schenbothies. These offers allowed carers at Falkirk and Clackmannanshire Carers Centre to take a much-needed break from their caring roles. Below are some of the stories from the carers who benefitted from this opportunity.

“I just wanted to say a heartfelt thank you for offering me a break at Brucefield.”

Melissa

Melissa was offered a 2-night stay at Brucefield Estate in March 2025. This break was a cancellation which was offered to her last minute. Melissa could not believe her luck as she happened to be on annual leave the week of the break. This Respitality break came up at the perfect time and she felt **it was just meant to be**.



Melissa cares for her two parents whilst working full time and her caring role takes up most of her free time outside of work. Before being offered the break, Melissa was very stressed as her caring role and also her work can be **“very emotionally draining”**. She felt she was on the road to burn out and this break was just what she needed. **“I had taken time off work to try and re-centre when I was informed of the break... perfect timing”**.

Staying at Brucefield Estate was an amazing experience for Melissa, she said it was **“a beautiful location and extremely relaxing”**. She enjoyed the peace and quiet of the Schenbothy and **“enjoyed being in nature and just spending time with a book! A rare luxury”**. Melissa said that the staff were friendly and helpful which made her break even better. The location itself was so peaceful, and she had lovely weather while staying at Brucefield Estate, allowing her to spend time out in the fresh air. Brucefield Estate is pet friendly, and



so, she was able to take her dog with her to enjoy the break together! Melissa felt this was a very refreshing experience. **“A break like that does wonders for me mentally, and I truly feel refuelled. I honestly can’t thank you enough for giving me this opportunity. Thank you so much!”**

“I truly feel refuelled.”

Katie

Katie was offered a 2-night stay at Brucefield Estate and was thrilled to have the opportunity to take some time away for herself. Katie has a very busy caring role and never has the opportunity to take time out to relax and enjoy her own company, so this break was a special opportunity.

Upon being offered the break, Katie was not sure she would be able to go as she works full time, however, after finding out that Brucefield Estate had the facilities available for her to “work from home”, she knew that this would be an option for



her. Katie brought her laptop and made use of the serene and quiet Schenbothy (plus it’s fantastic Wi-Fi connection) and was able to work without having to worry about any disruptions. She enjoyed the peace and quiet of the Estate and felt that this really was a rarity. Katie said: **“Honestly! It was so peaceful; the only sounds were from the birds. It was so quiet.”**

Unfortunately, Katie was feeling a bit under the weather during her break – but this did not stop her from getting outdoors and enjoying the fresh air! In fact, Katie said that the peaceful location and time outdoors was **“just what I needed!”** She was lucky enough to enjoy some beautiful weather while she was away. **“It was nice to sit out reading a book in the sunshine without interruption.”** It was the little things like this that meant the most to her from her experience, she was able to enjoy these moments that she does not normally have time for at home.

“It was just what I needed!”



“My husband and I needed a vacation that was relaxing and peaceful. This break certainly helped us both.”



“Peaceful, tranquillity, nature all around”

“Peace and quiet in lovely surroundings”



The names of the carers have been changed.