

BRAW



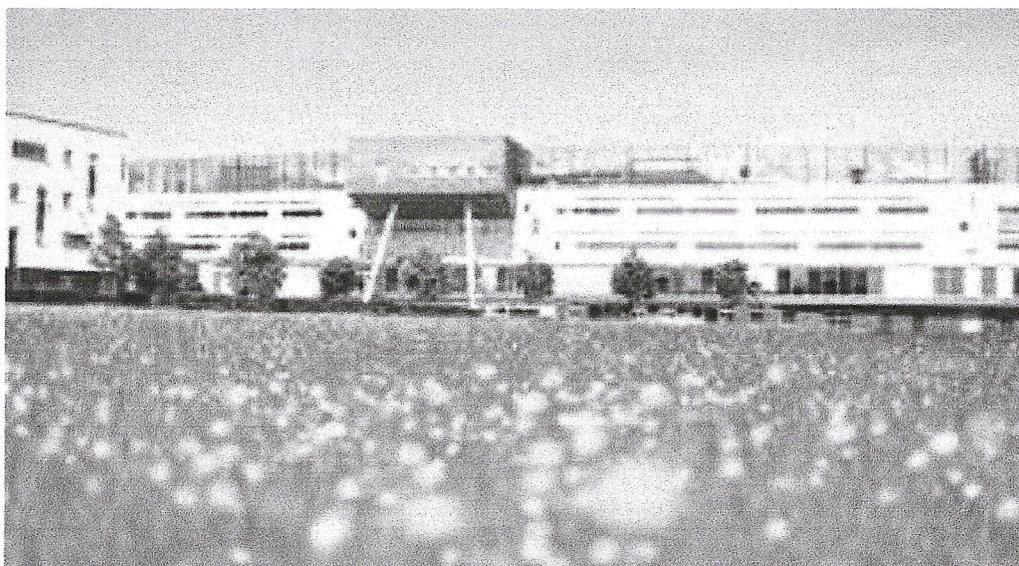
Best Relaxation & Activity Weekend 2025

Friday 20th June – Sunday 22nd June 2025

Queen Margaret University

Cost per person £180.00 which includes accommodation, all meals & activities.

Day delegate for Saturday only £100 which includes all meals and activities



Location and Getting Here

The campus is easily accessible whether you are travelling by bike, foot, public transport, or car.

QMU campus is located close to Musselburgh, east of Edinburgh city centre. The best way to access the campus is through public transport or walking/cycling. We have Musselburgh train station at our front door and bus services stopping on campus. National cycle Route 1 provides direct access via active travel. Vehicular access can only be gained from the A1.

Headway - the brain injury association is registered with the Office of the Scottish Charity Regulator SC039992 and with the Charity Commission for England and Wales Charity No 102585 and is a Company Limited by Guarantee Registered in England No. 2346893

Various travel options are available as set out below, click on the writing beneath each picture for further information.



Get to QMU- General Information



Get to QMU - By Public Transport

Train Travel

Musselburgh station is right next to QMU and runs regular services to North Berwick (around 30mins) and Edinburgh City Centre (under 10mins travel).

Newcraighall can be reached in a 20-minute walk and offers services to Tweedbank and Edinburgh City Centre. For more information visit [the Scotrail website](#).

Lothian Buses

Lothian Buses services 4, 30 and 106 all terminate at QMU, while services 46 and 48 are available from Whitehill Farm Road, a short walk from campus. These services provide regular connections between the University and the city centre, Edinburgh Royal Infirmary, Musselburgh Town Centre, Dalkeith and Haddington. Route options and information are available at [Lothian Buses website](#).

Driving here

QMU can be accessed by car via the A1.

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Draft Programme of events & booking information

Friday 20th June – arrival & registration late afternoon

Welcome speeches, dinner, The Braw Factor & Karaoke

Saturday 21st – Therapies, Outdoor Activities, Arts & Crafts, Music Workshop

Evening – Raffle & Live Entertainment

Sunday 28th – Walking Football, New Age Kurling, Arts & Crafts & therapy options

Depart after lunch

Therapies

The BRAW committee are delighted to announce that we will once again be providing holistic therapies over the course of the weekend – last minute bookings will only be taken after registration if spaces are available. Therapies on offer will include Back, Neck & Shoulder massage, Reflexology and Mindfulness

Activities

Arts & Crafts will be delivered by **Joan Cameron**

Mindfulness therapies will be delivered by **Lizz McConnell**

Music Workshop provided by **Fiona Grant**

Live evening entertainment provided by **David Hood and Fiona Grant**

Outdoor Activities will be delivered by **Scouting Scotland**

Team Building / Problem Solving whilst orienteering: The activities will be tailored to group needs

Orienteering on its own: a variety of orienteering courses to suit varied abilities.

Bushcraft / Survival: Finding a way to collect water; building a shelter; hot chocolate on storm kettles; orienteering skills; code breaking; Improvised Archery - Shooting (Bows n Arrows); lighting a fire without matches or lighter

Taster Sessions: New Age Kurling, Boccia, walking football

All ability cycling, walking group and water-based activities will be delivered by **Beyond Boundaries East Lothian**

Activities and therapies may be subject to change due to unforeseen circumstances.

All staff will be qualified coaches and all appropriate safety equipment such as aids and helmets will be used.

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