

Your Carers Card

For people who care for someone else

Introduction	pages 1-2
Leisure - general	pages 3-5
Courses and Classes	pages 6-9
Entertainment	pages 9-10
Fitness	pages 11-15
Food and drink	pages 15-18
Health & Wellbeing	pages 18-24
Household	pages 24-25
Legal Services	page 25-26
Transport	pages 26-29
Young Carers' Card offers (age 8-25yrs)	pages 30-34

Introduction

What is the Carers' Card?

Brighton & Hove Carers' Card is for people providing regular unpaid help or support to someone who has a physical disability or frailty, learning disability, long-term illness, mental health problem or substance misuse issues.

The Carers' Card offers discounts on a range of activities across the city to help you to look after your own health and wellbeing because if you look after someone, it's important to look after yourself too.

How to get your Carers' Card

If you want to apply for a Carers' Card or a Young Carers' Card (for 8-25s with a caring responsibility), you can now apply for the card online at <https://www.brighton-hove.gov.uk/content/social-care/carers/looking-after-yourself>

If you have any queries, or prefer not to apply online:

If you care for someone over 18 years old - call the Adult Social Care Access Point on 01273 295555 or email accesspoint@brighton-hove.gov.uk.

If you care for someone under 18 years old, you are entitled to a Carers' Card if your child has Compass Card Brighton and Hove* - call the Integrated Child Development & Disability Team on 01273 295153 (ensure you have Compass Card Brighton and Hove to hand when you call).

Your Carers Card

For people who care for someone else

*For more information about Compass Card Brighton and Hove, call the Amaze Helpline on 01273 772289

Using your card

If you experience any difficulties in using your Carers' Card or you know a local business that would be willing to offer a Carers' Card discount contact Ann Blackburn at Amaze on 01273 234020 or email ann@amazebrighton.org.uk

Please note: While Brighton & Hove City Council wants to ensure a wide range of benefits to Carers' Card holders this does not mean that we are recommending or endorsing any of these services, groups or organisations featured, which may be withdrawn or removed at any time. We assume that you will make your own decisions about whether Carers' Card offers are appropriate for you.

Disclaimer: In using your Carers' Card, you accept that Brighton & Hove City Council shall not be responsible for any loss, cost, damage or injury (fatal or otherwise) whatsoever arising out of or in connection with the services, offers or organisations featured in connection with the Carer's Card save to the extent that any injury to person is caused by the Council's negligence.

Carers' Card offers

Please note: The offers on the Carers' Card are subject to change and are added to regularly. There are also last minute theatre and show offers and ad hoc workshops and events that are communicated to carers of adults via email and to parent carers through the Amaze e-bulletin, Compass News B&H, or the Compass Card app (call the Amaze helpline on 01273 772289 for more info). If you didn't sign up for text or email updates when you applied for your Carers' Card, email carerscard@brighton-hove.gov.uk with your details, so you don't miss out on any last minute offers! You can check out information on the latest offers at www.brighton-hove.gov.uk/carers-card

CarerSmart Club for carers across the UK

Launched by national charity, the Carers Trust, an initiative called CarerSmart Club could save you money on things like energy bills, travel and leisure. The CarerSmart Club is an online club where carers can register to save on a range of products and services. According to the Carers Trust, carers will be able to save money on a range of products by getting cash back in numerous high street stores, as well as discounted rates on energy bills, insurance renewals and lifestyle activities like the gym, cinema, days out and travel. The trust says carers will also have access to free legal advice and can find out more about both local and online services to support them in their caring roles. The CarerSmart club is free to join. To register, visit www.carersmart.org

Your Carers Card

For people who care for someone else

Leisure - general

Amarisa Carers' Breaks

Where?

Amarisa Bed and Breakfast, Station Road, Berwick, Polegate, East Sussex BN26 6TB
Tel. 01323 870555 or email amarisa@btopenworld.com www.amarisa.co.uk

What?

A discounted two, three or four night 'Amarisa Carers' Break' in the village of Berwick in East Sussex, overlooking the South Downs between the A27 and Arlington Reservoir. Prices include English or continental breakfast. A short car journey from Brighton and Hove, or a couple of minutes walk from Berwick train station, this small bed and breakfast has a downstairs twin room with ensuite shower and an upstairs double room with private bathroom and both can be booked for single or double occupancy. Prices for two nights are £130 for two people, or £85 for one person; three nights are £180 for two people, £120 for one person; and four nights are £220 for two people, £150 for one person. Evening meal is also available for £10 per person and breakfast times are flexible. Carers of adults may be able to apply for a Carers' personal budget towards the cost of a stay at Amarisa – contact the Access Point on 01273 295555 for more information.

How?

Say you are a Carers' Card holder when you book and take your card with you when you visit Amarisa Bed and Breakfast to validate the discount.

Duke's cinemas

Where?

The Duke of York's Cinema, Preston Circus, Brighton BN1 4NA
The Duke's at Komedia, Gardner Street, Brighton BN1 1UN
Tel. 0871 902 5728 (bookings) 01273 818549 (enquiries) www.picturehouses.co.uk

What?

All Carers' Card holders get the concessionary rate at The Duke of York's and the Duke's at Komedia.

How?

Show the Carers' Card at the cinema box offices.

Please note: Anyone who receives Disability Living Allowance (DLA) or Attendance Allowance, or who is registered blind, can apply for a CEA (Cinema Exhibitors' Association) card. The card provides free carers' tickets at cinemas across the UK, costs

Your Carers Card

For people who care for someone else

£6 and lasts for a year – but you will need to be with the person you care for to access this. Visit www.ceacard.co.uk/ for an application form or more information.

Hollywood Bowl Brighton (formerly Brighton Bowlplex)

Where?

Park Square, Brighton Marina Village, Brighton BN2 5UT

Tel. 01273 818180 www.bowlplex.co.uk

What?

Tenpin bowling at an award-winning centre with 26 computerised bowling lanes. There's free parking for Hollywood Bowl users in the multi-storey car park opposite the centre. The Carers' Card holder and up to three others pay £3.50 per person, per game Monday to Friday from 10am to 6pm during term time. The offer can be withdrawn or amended at any time, can't be used in conjunction with any other offer and is subject to the discretion of the Duty Manager.

How?

Show your Carers' Card when you pay. To book in advance, call 01273 818180 and say you qualify for the Carers' Card discount – don't forget to take it with you and show it when you arrive. If you need a lane with disabled access, tell staff when you book.

Laughing Dog

Unit 31, The Octagon, Brighton Marina Village, Brighton, BN2 5WA Tel. 01273 626886

www.laughingdogbrighton.com

What?

10% discount in the Laughing Dog Gift Shop (see page 17 for Laughing Dog café offer). Discount excludes art and Brighton Made products. An independent art gallery and gift shop with unique range of art and gifts from homewares and lighting through to greetings cards, fashion accessories and toys.

How?

Show the Carers' Card when you pay at Laughing Dog to trigger the discount. The discount cannot be used with any other offer.

Painting Pottery Café

Where?

31 North Road, Brighton BN1 1YB Tel. 01273 628952 www.paintingpotterycafe.co.uk

What?

Release your inner artist, splash some paint on your chosen piece and the studio assistants will glaze and fire your masterpiece. Collect your pottery a couple of days later.

Your Carers Card

For people who care for someone else

Carers' Card holders get half price on the studio fee, paying £2.50 instead of £5. Pottery starts at £10. Most items are between £15 - £20 including mugs, plates, bowls and decorative pieces. Card holders also get a 10% discount for taster throwing sessions. The discounts apply every day of the week, with the exception of Saturday. Check out their website www.paintingpotterycafe.co.uk or Facebook page for more information.

How?

Mention the Carers' Card when you book, then bring the card with you on the day to validate your discount.

The Royal Pavilion & Museums

Where?

Brighton Museum & Art Gallery, Royal Pavilion Gardens , Brighton BN1 1EE

Tel. 03000 290900 www.brightonmuseums.org.uk/brighton/

The Royal Pavilion, 4/5 Pavilion Buildings , Brighton BN1 1EE

Tel. 03000 290900 www.brightonmuseums.org.uk/royalpavilion/

Preston Manor, Preston Drove, Brighton BN1 6SD (closed from 1 October to 31 March)

Tel. 03000 290900 www.brightonmuseums.org.uk/prestonmanor/

What?

Brighton & Hove has an amazing range of museums, as well as the unique royal pleasure palace, the Royal Pavilion. Admission to Hove Museum and the Booth Museum is free. However, there are entrance fees for Brighton Museum & Art Gallery, the Royal Pavilion and Preston Manor. If you're a Carers' Card holder, you can get free entrance to these.

The Royal Pavilion, built for the Prince Regent (later King George IV), is famed for its exotic appearance inside and out and is Brighton's most distinctive landmark. Preston Manor is an atmospheric Edwardian manor house, reputed to be the most haunted building in Brighton. And there's a great range of exhibitions at Brighton Museum & Art Gallery too!

How?

Show the Carers' Card when you pay.

Your Carers Card

For people who care for someone else

Courses and classes

Brighton Natural Health Centre

Where?

27 Regent Street, Brighton BN1 1UL

What?

Carers' Card holders over the age of 16 are entitled to Brighton Natural Health Centre's concessionary rate which provides £1 off drop in class rates, £5 off a 10 class card, £10 off a 20 class card and cheaper classes and workshops.

How?

Tel: 01273 600010 or email info@bnhc.co.uk To benefit from the Carers' Card discount, say you are a Carers' Card holder when you make a booking or purchase. You will need to show the Carers' Card when you attend Brighton Natural Health Centre to trigger the discount.

The Bridge Community Education Centre

Where?

Lucraft Road (next to BACA), Brighton BN2 4PN Tel. 01273 687053 email hello@bridgecommunity.org.uk www.thebridgebrighton.com

What?

The Bridge Community Education Centre has health and wellbeing, leisure and arts and crafts courses like pottery and sculpture, yoga and felting, as well as a range of courses designed to enhance your skills including literacy and IT. There are already generous discounts if you're on benefits or out of work for example, but if you're not eligible for them, all Carers' Card holders now automatically qualify for The Bridge's 'EB' (East Brighton) rate, which can mean significant savings on the full price. And there's a free tea or coffee if you show your Carers' Card when you enrol at The Bridge.

How?

Show the Carers' Card when you enrol for a course at The Bridge. Courses with EB discounts are open to over 19s.

Brighton Ballet School

Where?

ACT Hove Premises, Studio 1, 170 Church Road, Hove BN3 2DJ
BHASVIC Dance Studio, 205 Dyke Road, Hove BN3 6EG
Bird Studios, Studio 3&4, Vantage Point, New England Street, Brighton
BN1 4GW

Your Carers Card

For people who care for someone else

Tel. 07595 303180 www.brightonballetschool.co.uk

What?

Brighton Ballet School provides adult ballet, tap, progressing ballet technique (body conditioning class) and contemporary dance classes in three locations across the city. There are classes for all ages and abilities and students can progress to British Ballet Organisation exams. 10% discount on courses. Also 10% discount on drop-in class card purchased online.

How?

Courses are booked half termly (usually courses of 6 or 7 weeks), or you can buy a drop-in class card online. There's also a registration form to complete before attending. Make sure you mention the Carers' Card when booking and take the card on the day to validate the discount. See page 30 for Brighton Ballet School Young Carers' Card offer.

Evolution Arts and Natural Health

Where?

2 Sillwood Terrace, Brighton BN1 2LR Tel. 01273 204204 email info@evolutionarts.org.uk
www.evolutionarts.org.uk

What?

Evolution Arts offers courses and workshops in arts and crafts, dance, health, music and much more, promoting skills in the arts, personal development and healthy living. For details, see the Evolution Arts website.

Carers' Card holders get 30% discount on the full price of courses and workshops (places may be limited). Additional special offers on selected courses and workshops are often available at short notice; make sure the Carers Centre has your mobile number and/or email address so we can tell you about additional special offers as they come in. Additional discounts may be available on request in cases of significant financial hardship. Most courses are held at Evolution Arts, but they may also be at other city venues. Courses and workshops are available to over 18s only.

How?

Bookings must be made by phone or in person. Please state you're a Carers' Card holder when making the booking. If booking over the phone, Evolution will need a copy of your card via email or post within seven days to confirm the booking. Call 01273 204204.

The Music Doctor (Philip Milburn) – singing & music tuition

Where?

Ruskin Road, Hove BN3 5HA Tel. 07966 536180

Your Carers Card

For people who care for someone else

www.lifemusic.org.uk philip@lifemusic.org.uk

What?

Philip is a professional music tutor with more than 20 years of experience teaching adults and children. Carers' Card holders receive a discount on one to one lessons in singing, guitar, piano, percussion, song writing and musicianship. For adults and children of all ages and all levels of experience. Single lesson £20; course of 5 lessons paid in advance £100 (33% discount).

How?

Contact the tutor to discuss your needs and interests and show your Carers' Card to receive the discount.

The Whitehawk Inn

Where?

Whitehawk Road (next to bus garage), Brighton BN2 5NS Tel. 01273 682222 email whitehawkinn@whinn.org.uk www.bht.org.uk/services/the-whitehawk-inn

What?

In addition to its café, drop-in computers, careers workshops and one-to-one careers and money advice, Whitehawk Inn has a full range of leisure classes for over 16s like Pilates and Creative Writing, as well as courses designed to improve your IT skills, or boost your confidence. There are already generous discounts, if you're on benefits or out of work for example, but if you're not eligible for them, all Carers' Card holders automatically qualify for Whitehawk Inn's 'EBPC' (East Brighton Post Code) rate, which can mean significant savings on the full price of some of the courses.

How?

Show the Carers' Card when you enrol for a course (with an EBPC code) at Whitehawk Inn. Call if you have queries about courses that are eligible for the discount.

Yoga Haven Brighton

Where?

Yoga Haven, Kendal House, Donkey Mews, Brunswick St. East, Hove, Brighton, BN3 1AW. Tel: 01273 329642 www.yogahaven.co.uk

What?

Young carers up the age of 25 get Yoga Haven's Student Discount on monthly off-peak and monthly unlimited prices. Card holders over 25 receive a 25% discount on the monthly off-peak and monthly unlimited prices. There is also a 25% discount for Carers' Card holders on Class Cards.

Your Carers Card

For people who care for someone else

How?

Tel: 01273 329642 or email brighton@yogahaven.co.uk To benefit from the Carers' Card discount, please say you are a Carers' Card holder when you make a booking or purchase. You will need to show the Carers' Card when you attend Yoga Haven to trigger the discount.

Entertainment

Brighton Dome & Brighton Festival

Where?

Brighton Dome & Brighton Festival, Church Street, Brighton BN1 1UE

Ticket Office, Church Street, Brighton BN1 1UE

Tel. 01273 709709 (Ticket Office, booking fee payable) brightondome.org For details on accessibility, visit http://brightondome.org/your_visit/access/ or call Visitor Services Department on 01273 261516 or 261525

What?

Special offers on selected shows (often at short notice) at Brighton Dome and Brighton Festival. You can also get a free carer's ticket at Brighton Dome, if you're taking the person you're caring for and they need your support - whether there's a special offer or not. These tickets are available over the 'phone on 01273 709709, or in person at the Ticket Office.

How?

Often, we won't know what offers are available until the last minute. We'll need your mobile phone number and/or email address if you have one, so we can tell you about offers as they come in (see page 2). Please note, you'll need to show your Carers' Card when you pick up your tickets.

Komedia Brighton

Where?

Komedia Brighton, 44-47 Gardner St, Brighton BN1 1UN Tel. 0845 293 8480 (box office – booking fee payable) www.komedia.co.uk/brighton/

What?

Special offers on selected shows (often at short notice) at what's described as 'the most exciting live entertainment venue in the south'. You can also get a free carer's ticket at Komedia, if you're taking the person you're caring for and they need your support - whether there's a special offer or not. These tickets are available over the 'phone on the number above, or in person at the Duke's at Komedia café at the front of the building 10am till 8pm or at the box office which opens half an hour before show doors when there's a show on (usually 6pm to 7pm, but check the website).

Your Carers Card

For people who care for someone else

How?

Often we won't know what offers are available until the last minute. We'll need your mobile phone number and/or email address if you have one, so we can tell you about offers as they come in (see page 2). Please note, you'll need to show your Carers' Card when you pick up your tickets.

Theatre Royal Brighton

Where?

Theatre Royal Brighton, New Road, Brighton BN1 1SD

Tel. 0844 871 7650; access booking line 0844 871 7677; group booking line 0844 871 7617 (box office, booking fee payable) www.atgtickets.com

What?

Special offers on selected shows (often at short notice) at one of the oldest working theatres in the UK. You can get also a free carer's ticket at Theatre Royal Brighton, if you're taking the person you're caring for and they need your support - whether there's a special offer or not – but make sure you ask; it isn't automatic.

How?

Often we won't know what offers are available until the last minute. We'll need your mobile phone number and/or email address if you have one, so we can tell you about offers as they come in (see page 2). Please note, you'll need to show your Carers' Card when you pick up your tickets.

The Old Market (TOM)

Where?

11a Upper Market Street, Hove BN3 1AS

Tel. 01273 201800. For access bookings, call 01273 201800 or email

info@theoldmarket.com (booking fee payable if you pay by card) www.theoldmarket.com

What?

'TOM's Friends' discounts on (usually 15%) on selected shows from The Old Market's eclectic programme of theatre, music, comedy and family events. In addition to these offers, The Old Market offers free tickets for carers if you're taking the person you care for and they need your support. Subject to availability, these tickets are available over the 'phone on the number above, or in person at the Box Office.

How?

Use the promo code *CCDISCOUNT* to access TOM's Friends discounts when you book. Please note, you'll need to show your Carers' Card when you pick up your tickets.

Your Carers Card

For people who care for someone else

Fitness

Brighton & Hove City Council sports and leisure centres Freedom Leisure

Where?

King Alfred Leisure Centre
Moulsecoomb Community Leisure Centre
Portslade Sports Centre
Prince Regent Swimming Complex
St Luke's Swimming Pool
Stanley Deason Leisure Centre
Withdean Sports Complex

What?

Carers' Card holders receive a 40% discount on membership rates which include the use of all seven sites in Brighton and Hove. Carers must be aged 16 years+ to benefit from this offer. Junior memberships are available, but are not discounted. Please see 'Exclusive offers for Young Carers' for information on the Young Carers' Card offer in Freedom leisure centres (pages 29 and 30).

How?

Show your Carers' Card when you pay

Brighton & Hove City Council Golf Courses, operated by MyTime Active

Where?

Hollingbury Park Golf Course, Ditchling Road, Brighton BN1 7HS Tel. 01273 500086 Email: hollingbury@mytimeactive.co.uk
Waterhall Golf Course, Saddlescombe Road, Brighton, East Sussex BN1 8YN Tel. 01273 508658 Email waterhall@mytimeactive.co.uk
www.mytimeactive.co.uk/

What?

Carers' Card holders get a 20% discount on the annual season ticket.

How?

To obtain your annual season ticket, email sharon.croley@mytimeactive.co.uk or call 01273 500086.

Your Carers Card

For people who care for someone else

Boulder Brighton

Where?

Unit 7b/c, Victoria Road Trading Estate, Portslade, Brighton BN41 1QX
Tel. 01273 422408 www.boulderbrighton.com

What?

The Carers' Card holder automatically gets Boulder Brighton's concessionary rate on adult climbing for over 16s (a 15% discount). Boulder Brighton is a bouldering centre. Bouldering strips climbing down to its basics and leaves behind rope and harnesses. Participants just use climbing shoes and a bag of chalk over safety mats and use their wit, balance, technique and strength to climb bouldering routes. You don't need expensive kit or experience to give it a go!

How?

Show your Carers' Card when you pay.

The Circle Studios, Portslade

Where?

55, North Street, Portslade BN41 1DH
Tel. 01273 911331 www.thecirclestudios.com

What?

The Circle Studios is on Portslade sea front and provides a full range of fitness classes and courses including dance, step, spin and yoga. Some classes are available for over 13s, but most are for over 16s. There are over 80 classes a week and the facilities are modern with spacious studios and changing facilities.

Carers' Card offer: Carers' Card holders get discounted monthly membership (£19.99 instead of £24.99). There is a £26 joining fee, but no contract, so you can cancel your membership at any time.

How?

Use the promo code COMPASS on The Circle website at <https://secure10.clubwise.com/thecircle/pos.asp> and show your Carers' Card when you first visit to validate the discount. If you want to look round and see how things work at The Circle, just call to book a tour.

Your Carers Card

For people who care for someone else

Climbing with High Sports

Where?

High Sports climbing centre, Withdean Sports Complex, Tongdean Lane, Brighton BN1 5JD

Tel. 0845 363 1177 www.high-sports.co.uk

What?

Carers' Card holders get a 10% discount on all High Sports instructed sessions, individual entries and pre-pay monthly, quarterly and yearly passes.

How?

Book (either in person or over the 'phone) and make it clear the booking's for a Carers' Card holder. You'll need to show the card on the day to verify the discount.

Longhill Leisure Centre (formerly The Deans)

Where?

Falmer Road, Brighton BN2 7FR

Tel. 01273 391683 www.deansleisurecentre.co.uk

What?

Carers' Card holders over the age of 16 get discounted membership on gym use at Longhill Leisure Centre (£18.50 pcm). First though you'll need to pay £10 for an induction. During the induction, gym staff show you how to use the equipment and let you try it out.

How?

You book and pay for the induction in advance – either in person or over the 'phone. Just make it clear the booking's for a Carers' Card holder. Once you've done your induction, just show your card at the desk when you visit.

Marina Studios, Brighton

Where?

Marina Studios, 11 Mermaid Walk, Brighton Marina Village, Brighton BN2 5WA (behind the Palm Drive bus stop). Tel. 01273 253679 www.marinastudios.co.uk

What?

The award-winning Marina Studios provides a wide range of dance and exercise classes for all ages and has three bright and airy dance and exercise studios. If it's your first time at Marina Studios, your first class is free. There's a 15% discount for Carers' Card holders on Marina Studio classes (excludes Streetfunk classes and classes provided by outside organisations)

Your Carers Card

For people who care for someone else

How?

Call number above for more information or to book mention the Carers' Card. Show the Carers' Card when you arrive to validate the discount.

Places for People leisure centres – Burgess Hill, East Grinstead, Haywards Heath

Where?

The Dolphin, Pasture Hill Road, Haywards Heath, West Sussex RH16 1LY

Tel. 01444 457337 www.placesforpeopleleisure.org

Kings Centre, Moat Road, East Grinstead, West Sussex RH19 3LN

Tel. 01342 328616 www.placesforpeopleleisure.org

The Triangle, Triangle Way, Burgess Hill, West Sussex RH15 8WA

Tel. 01444 876000 www.placesforpeopleleisure.org

What?

Carers' Card holders get a 'membership' discount (usually around 10% off standard prices) at The Dolphin, the Kings Centre and The Triangle. Facilities include swimming pools, gym, classes, sports halls and other modern facilities. Card holders can use their cards once a day. Remember that under eights must be accompanied in the water at all times by a responsible adult. Card holders are also entitled to the 'concession' rate on membership.

How?

Show the Carers' Card when you pay, or present the card to a membership advisor when discussing membership.

Virgin Active – Brighton Health and Racquets Club

Where?

Village Way, Falmer, Brighton BN1 9SG

Tel. 01273 667800 www.virginactive.co.uk

What?

Carers' Card holders over the age of 18 get a complimentary one week membership at Virgin Active Brighton every 12 months, plus a 5% discount on 12 month memberships and a 10% discount on the rolling monthly membership at the centre. Centre facilities include state-of-the-art gym, 11 tennis courts, 4 badminton courts, 2 squash courts, indoor and outdoor heated swimming pools, and sauna and spa facilities. No induction's needed for the complimentary membership; you just need to fill in a health questionnaire before the complimentary membership starts.

How?

You'll need to need to pre-book an appointment with Virgin Active Brighton so you can fill in a health questionnaire before your one week membership commences. Once the

Your Carers Card

For people who care for someone else

paperwork's complete, you'll be issued with a temporary membership card and you can use the centre as and when you want for seven consecutive days. To get going, call 01273 667800 and select option '1'. Remember to bring the Carers' Card with you on the first visit to validate the offer. For the 5% and 10% membership discounts above, take your Carers' Card with you when you sign up.

Yellowwave Beach Sports Venue

Where?

299 Madeira Drive, Brighton, BN2 1EN Tel. 01273 672222

www.yellowwave.co.uk

What?

Yellowwave is a permanent beach venue that offers beach sports activities for all ages and abilities. Carers' Card holders get a £5 discount on weekday daytime volleyball court bookings. See page 18 for discount at Yellowwave's Barefoot Café.

How?

Show the Carers' Card when you pay.

Food and drink

Bluebird Tea Co

Where?

41 Gardner Street, Brighton BN1 1UN

What?

Bluebird Tea Co in the North Laine is the UK's expert Tea Mixologist and the only tea company that specialises in developing unique, exciting and creative flavours of tea. The company is steadily growing the largest range of (currently over 50) creative tea flavours using a wide range of blending ingredients including herbs, flowers, fruits, caramels, chocolate.. even cake sprinkles! Bluebird uses its own blends to mix up all sorts of tea based drinks from iced teas to tea cocktails. The company uses only its own tea, plus fresh healthy ingredients like fruits and milk. Bluebird provides Carers' Card holders with a 10% discount on tea and drinks (excluding teaware).

How?

Show the Carers' Card when you pay to trigger the 10% discount.

Your Carers Card

For people who care for someone else

Buddies Café Bar, Brighton

Where?

46-48 Kings Road, Brighton BN1 1NA
Tel. 01273 323600 www.buddies24hour.net

What?

Perfectly located on Brighton seafront near to Brighton Pier, Buddies has a fully-licensed restaurant and serves a full range of food, from the 'All Day breakfast' to pasta and pizza dishes, T-bone steaks and sea food platters. And Buddies is open whenever you're hungry; the venue is open 24 hours a day. Carers' Card holders and their group receive a 20% discount on all food and drink orders from Monday to Friday.

How?

Show your Carers' Card when placing your order to receive the 20% discount.

Colemans Quality Foods

Where?

Fresh ready to cook food delivered to your home. Company based at 1 Laylands Road, Fishersgate, Portslade BN41 1PP. Tel. 01273 422913

What?

A family run local business, Colemans has been established for over 30 years. The company delivers freshly cooked food ready to oven cook or microwave over an area that stretches from Lancing to Woodingdean. Customers can order as few or as many meals as they want and can choose from a range of traditional meals, as well as diabetic or vegetarian food on request. Prices are £4.60 for a main course, 50 pence for a pudding, but Carers' Card holders get a 10% discount.

How?

Call 01273 422913. Show the Carers' Card when you receive your delivery to trigger the 10% discount.

The Gallery Restaurant at City College

Where?

City College Brighton and Hove, Pelham Street, Brighton, BN1 4FA (entrance on Whitecross Street).

What?

Carers' Card holders get a two for one deal for groups of up to 10 (applies to food, but not to drinks). The term-time restaurant serves lunches Wednesdays to Fridays and dinners on Tuesday evenings. To book a table, call 01273 667711 (9am to 4.00pm). Offer not valid for speciality functions.

Your Carers Card

For people who care for someone else

How?

Show the Carers' Card as soon as you arrive at the restaurant.

Laughing Dog

Where?

Unit 31, The Octagon, Brighton Marina Village, Brighton, BN2 5WA Tel. 01273 626886

www.laughingdogbrighton.com

What?

A 10% discount on food and drink in the Laughing Dog Café (excludes items that are already discounted). See page 4 for gift shop offer. Barista coffee, freshly prepared light lunches and seriously scrummy cakes. The coffee is locally roasted, the milk delivered daily straight from the farm and the bread and cakes made by talented local bakers. Free wifi and free lending library. Well-behaved four legged friends welcome.

How?

Show the Carers' Card when you pay at Laughing Dog to trigger the discount. The discount cannot be used with any other offer.

The Lord Nelson Inn

Where?

The Lord Nelson Inn, 36 Trafalgar Street, Brighton, BN1 4ED Tel. 01273 695872

www.thelordnelsonbrighton.co.uk

What?

Recently renovated and with friendly new management at the helm, this Central Brighton location offers a new menu that changes daily. The menu includes a wide variety of dishes to suit any dietary requirements and ingredients are locally sourced and freshly cooked. Also on offer is a large selection of Harveys ales and specially selected wines from around the world. Carers' Card groups get a 10% discount on food. Staff encourage families to come along on a Sunday and sample their delicious roast dinners!

How?

If you want to be sure of a table, book on the number above. Show the Carers' Card as soon as you arrive at the restaurant to trigger the discount.

The World's End pub

Where?

60-61 London Road, Brighton, BN1 4JE Tel. 01273 692311

What?

The World's End public house has it all – the renowned Bar-B-Q Shack, all live sporting events, frequent live music and DJ events, weekly quiz and cash poker game, retro table-

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top pacman machine, pool table, board games and daily drink promos. There's also outside seating at the front and back of the pub. Carers' Card holders benefit from a 10% discount on most products behind the bar (offer excludes bar snacks and food at the World's End).

How?

Show the Carers' Card before you pay.

Yellowave Barefoot Café

Where?

299 Madeira Drive, Brighton, BN2 1EN Tel. 01273 672222

www.yellowave.co.uk

What?

Yellowave is the UK's first permanent beach sports venue of its kind with 6 beach volleyball courts and the Barefoot Café with sun deck. Carers' Card holders benefit from a 10% discount in the Barefoot Café. For volleyball offer, see page 15.

How?

Show the Carers' Card when you pay

Health and wellbeing

Anahata Health Clinic

Where?

119/120 Edward Street, Brighton BN2 OJL. Tel. 01273 698687 www.anahatahealth.com

What?

The Anahata Health Clinic is a community of healing practitioners that provides a wide range of low cost treatments including Acupuncture, Osteopathy, Energy Healing, Counselling and Massage. Low cost treatments are at certain times – call the number below to check.

How?

Call 01273 698687 or email info@anahatahealth.com to book a treatment or find out more. There is a variety of therapies and treatments to benefit everyone. There is low cost acupuncture at £25. Carers' Card holders get £5 off their first acupuncture session and also get a £5 discount on full price therapy and treatment sessions at Anahata. There is also a range of low cost sessions at specific times of the week, but no Carers' Card discounts on these.

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Bodhisattva Kadampa Meditation Centre

Where?

3 Landsdowne Road

Hove BN3 1DN

Tel. 01273 732917

www.meditateinbrighton.com

What?

A peaceful haven in the city, Bodhisattva KMC offers a variety of Buddhist meditation classes, day courses, and meditation retreats lasting a weekend or longer that are suitable for everyone - both beginners and more experienced meditators. Onsite, there's also a vegetarian World Peace Café, which is open from Tuesday to Saturday 11am till 4pm (please check the website in advance as opening times can vary depending the time of year). Carers' Card holders get a 25% discount on drop-in daytime and evening classes lasting up to 1.5 hours at Bodhisattva (so the classes are £4.50 instead of £6). The 25% discount does not include weekend courses or longer retreats. Card holders also benefit from a free first session at the gentle, themed meditation session, 'Thought for the Week', run by Caroline Dove at 11am on Tuesdays. There's no need to be a Buddhist to attend and benefit from meditation.

How?

Just turn up and show your Carers' Card.

Brighton Alexander Technique College (Carers' Workshops and discounted sessions)

Where?

Workshops - Conference Room, Community Base, 113 Queen's Road, Brighton BN1 3XG

Discounted sessions – at various locations across the city.

What?

Alexander Technique Introductory Workshops for Carers run by experts from the city's foremost training organisation, Brighton Alexander Technique College. The two hour workshops cost £5 and provide an introduction to a specialised mind and body technique that aims to get to the root of stress, back and neck problems and show you how to prevent them happening in the first place. One-to-one lessons, which cost £20, are also heavily discounted.

How?

Call 07800 511479 or email janetlizjacobs@aol.com to book a one-to-one session or find out about the next Alexander Technique Introductory Workshop for Carers. Remember to take your Carers' Card with you to qualify for the special discounts.

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Brighton Buddhist Centre

Where?

17 Tichborne Street Brighton BN1 1UR

Tel. 01273 772090

www.brightonbuddhistcentre.co.uk

What?

Brighton Buddhist Centre is a long-established local centre where you can practice meditation, Buddhism, mindfulness and Yoga. The centre currently runs two sessions that provide a Carers' Card offer: a weekly guided meditation drop-in on Thursdays from 1.15 till 1.45pm which is suitable for all levels of experience (free for Carers' Card holders); and a monthly Mindfulness drop-in on the second Monday of the month from 7.30 till 9pm which is suitable for people who have done a Mindfulness course (suggested donation £3 for Carers' Card holders).

How?

Just turn up and show your Carers' Card.

Brighton Health and Wellbeing Centre (BHWC)

Where?

18-19 Western Road, Hove, BN3 1AE. Tel. 01273 712181

www.brightonhealthandwellbeingcentre.co.uk

What?

BHWC offers a wide range of complementary and alternative therapies as part of an integrated health service that works alongside NHS GPs. Therapies include acupuncture, massage, reflexology, osteopathy, counselling, cranial sacral therapy and Alexander Technique. Carers' Card holders are entitled to a 15% discount on all therapies – so for example an initial adult acupuncture treatment (90 minutes) would cost £45.05 with discount, subsequent treatments (45 minutes) would cost £36.55 and a 60 minute massage would cost £38.25 with discount. Some treatments are suitable for children, but all under 16s have to be accompanied by an adult.

How?

To find out more, or book a treatment, call Lois Page on 01273 712181. You should mention you have a Carers' Card at the time of booking and bring it with you on the day of the appointment to trigger the discount.

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David Pena-Charlon meditation course

Where?

Courses are organised at your home.

Tel. 07851 928355

What?

David Pena-Charlon provides a six week, seven hour meditation course in the comfort of your own home and at a time and dates to suit you. The six week course covers a two hour introduction to meditation and hour long sessions on mindfulness, visualisation, body scan, non-dualistic meditation and paired meditation. You can do the course by yourself or with another person. Carers' Card holders get a £50 discount on the course fee for two people (£200 with discount) or a £25 discount on the course fee for one person (£150 with discount).

How?

Call the number above to book or find out more and mention the Carers' Card. You'll need to show your card at the beginning of the first session to validate the discount.

City Revival

Where?

10th Floor, Pelham Tower, Brighton BN1 4FA (main entrance on Pelham Street)

Tel. 01273 667790 (beauty – including complementary therapies)

01273 667736 (hair) www.ccb.ac.uk

What?

Carers' Card holders over the age of 16 can take advantage of cost-price pamper days at the college (call number above for dates), or book a treatment and get a discount of 20% off standard prices.

How?

Look out for news on the dates of free Carers' Pamper Days, or call one of the numbers above. Alternatively, book a treatment over the phone and mention the Carers' Card. Remember to bring the card with you when you attend to trigger the 20% discount.

Hangleton Holistics

Where?

Hangleton Community Centre, Harmsworth Crescent, Hove BN3 8BW. Tel. 01273 292962

What?

Hangleton Holistics is a service provided by the Hangleton Community Association that provides low cost, professional complementary therapies from its therapy room at Hangleton Community Centre. The organisation provides Carers' Card holders over the

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age of 16 (16 and 17 year olds require parental consent) with discounts on complementary therapy treatments: a £1.25 discount on 30 minute treatments, £2.50 on one hour treatments and £3.75 on treatments that last one and a half hours. So for example, the price for a 30 minute reflexology treatment is £11.25, a one hour massage treatment £17.50. Therapies include massage, reiki and reflexology.

How?

To find out more, or book a treatment, call 01273 292962, or email hangletonholistics@gmail.com Don't forget to take your Carers' Card with you to validate the discount.

Kamsons Pharmacies

Where?

Kamsons Pharmacy, 175 Preston Road, Brighton BN1 6AG Tel: 01273 566398

Kamsons Pharmacy, 88-90 Beaconsfield Road, Brighton BN1 6DD Tel: 01273 552815

Kamsons Pharmacy, 1a Lewes Road, Brighton BN2 3HP Tel: 01273 604576

Kamsons Pharmacy, 50 The Highway, Moulsecoomb, Brighton BN2 4GB Tel: 01273 686853

Kamsons Pharmacy, 94 Preston Drove, Brighton BN1 6LB Tel: 01273 552808

Kamsons Pharmacy, 128 St James's Street, Brighton BN2 1TH Tel: 01273 604335

Kamsons Pharmacy, 191B Portland Road, Hove BN3 5JA Tel: 01273 733324

Kamsons Pharmacy, 25-26 Whitehawk Road, Brighton BN2 5FB Tel: 01273 688419

Kamsons Pharmacy, 74-75 Elm Grove, Brighton BN2 3DD Tel: 01273 606031

What?

Kamsons Pharmacy, an established Sussex-based group of pharmacies, offers Carers' Card holders a 10% discount on purchases (excluding prescription charges). You can also use Kamson's free prescription services if you wish. Each Kamsons Pharmacy can collect and deliver your prescription to you and you can request a repeat prescription from your doctor by calling your local Kamsons or visiting the website. Your local Kamsons pharmacist can also do a free NHS review of any medicines you're taking and give you advice on the best time to take them and any possible side effects, as well as liaising with your doctor if there are any issues.

How?

Show the card before you pay to trigger the 10% discount. For more info about Kamsons, visit www.kamsons.co.uk

Your Carers Card

For people who care for someone else

Online help and Support

Where?

Out and about

www.brighton-hove.gov.uk/CarersUK

What?

Free Carers UK online resources for carers and the 'Jointly' app to help organise care. Brighton & Hove Council has teamed up with Carers UK to give local carers free access to a wide range of online resources. These useful resources include an app to help you organise care called 'Jointly'; an eLearning course, 'About Me', which can help prevent your caring responsibilities from overwhelming you; and a range of publications and information. 'Jointly', designed to 'make your caring a little easier, less stressful and a lot more organised by making communication between those who share the care as easy as a text message', is a mobile and online app and has been developed by Carers UK in partnership with carers. It can be used on iPhones (IOS version 6.0 and above), ipads (IOS version 6 and above), Android devices (version 4 and above) and most modern web browsers (home computers, laptops, smartphones, tablets etc).

How?

Just go to www.brighton-hove.gov.uk/CarersUK and register with your email address and a password (or log in if you're already registered). You can get all the Carers UK online resources free of charge.

To access the Jointly app free of charge, download this to your device for free using the code BHCC_JT75. For more information about the Jointly App, please sign up with Carers UK.

Sundial Clinics

Where?

Sundial Queens Road, 111 Queens Road, Brighton BN1 3XF. Tel. 01273 774114
<http://sundialclinics.co.uk>

Sundial Kemp Town, 52 St. James's Street, Brighton BN2 1QG. Tel. 01273 696414
<http://sundialclinics.co.uk>

What?

Sundial Clinics have a range of therapists to help you with back pain, neck pain, shoulder pain, knee pain and even headaches and arthritis. They regard themselves as a centre of excellence and work hard with clients to find out what's wrong. Carers' Card holders get a £10 discount on physiotherapy and chiropractic treatments – so the first session would cost £45 with discount, subsequent sessions cost £32 and £28 respectively. Some treatments are suitable for children, but all under 16s have to be accompanied by an adult.

Your Carers Card

For people who care for someone else

How?

To find out more, or to book a treatment, call 01273 774114 (Queens Road) or 01273 696414 (Kemp Town). You should mention you have a Carers' Card at the time of booking and bring it with you on the day to trigger the discount.

Household

C & H Crafts and Home

Where?

C & H Crafts and Home, 179 Western Road, Brighton BN1 2BA

Tel. 01273 321959

www.candhfabrics.co.uk

What?

A 10% discount on full-priced goods at C & H Crafts and Home's Brighton store (excludes coffee shop) and online. C & H is a popular, long-established department store located on Western Road and if what you're looking for relates to home wares or crafts, you're likely to find it here. Cushions, throws, bedding, fabrics, haberdashery, knitting and craft equipment is just the start – drop in and claim your discount!

How?

Show your Carers' Card when you pay or when you make a purchase online and give the discount code 247 (for online purchases, enter the discount code into the 'coupon code' box).

CareLink Plus

Where?

Carers in Brighton and Hove

What?

Carers in the city can access a four week free trial of the Council's CareLink Plus community alarm and telecare service. CareLink Plus provides a range of assistive technology called telecare, which can support both carers and the person who is being cared for. Telecare enables access to quick support in times of emergency at the touch of a button. Help can be accessed 24/7. A range of environmental and fall sensors also help to reduce risks in the home and support safe independent living.

How?

Email CareLinkplus@brighton-hove.gov.uk or call 0300 123 3301 to find out more, or visit www.brighton-hove.gov.uk/carelinkplus

Your Carers Card

For people who care for someone else

Clearwell Mobility

Where?

110 Warren Road, Woodingdean, Brighton BN2 6BA

Tel. 01273 692244

18 Boundary Road, Hove BN3 4EF

Tel. 01273 424224

www.clearwellmobility.co.uk

What?

A 5% discount on goods at Clearwell Mobility's outlets in Brighton and Hove (includes sale and second hand items, but excludes financial products and doesn't apply to online purchases). Clearwell Mobility is one of the UK's leading suppliers of mobility equipment and home healthcare products. Products include walking aids, wheelchairs, powerchairs, scooters, stairlifts, beds, seating, washing aids, living aids like grab rails and specialist telephones and lots more. There's free customer parking at both stores.

How?

Show the Carers' Card when you pay.

Legal services

Martin Searle Solicitors, Renaissance Legal

Where?

Martin Searle Solicitors, 9 Marlborough Place, Brighton BN1 1UB

Tel. 01273 609911 www.ms-solicitors.co.uk

Renaissance Legal, Tower Point, 44 North Road, Brighton BN1 1YR

Tel. 01273 610611 www.renaissancelegal.co.uk

What?

A 10% discount on specialist advice to Carers' Card holders from two local legal practices. Martin Searle Solicitors offers advice in employment law to employers and employees, as well as advice on community care law issues (including care planning, adult safeguarding, best interests and mental capacity issues, hospital discharge and NHS and Social Services funding). Renaissance Legal specialises in planning for the future for families and carers of disabled and vulnerable individuals. The firm says it understands the needs of families and carers and can help protect the wellbeing of a dependent child or family member during their lifetime and after you have gone, using Wills and Trusts. Renaissance Legal can also help with Powers of Attorney and Court of Protection applications.

Your Carers Card

For people who care for someone else

How?

If you decide you want to use one of the companies above and to take advantage of the 10% discount, you can call to discuss costs before your initial meeting and mention the Carers' Card. You'll need to take the card along with you for the initial meeting to activate the discount.

Transport

Big Lemon buses

Where?

The Big Lemon runs service 52 between Woodingdean, Ovingdean, Brighton Marina, County Hospital and the Old Steine, with peak-time journeys extended to Brighton Station.

What?

The Big Lemon runs on bio-diesel from locally sourced waste cooking oil and operates service 52 six days a week. The company is currently fundraising to change from bio-diesel to electric vehicles (see www.thebiglemon.com/electric). For bus information, visit www.thebiglemon.com/52 or call 01273 681681.

How?

Just show the Compass Card to the driver and the Compass Card holder can travel on The Big Lemon for free.

Brighton & Hove Bus and Coach Company

Where?

Brighton & Hove Bus and Coach Company runs bus services across Brighton and Hove from Steyning and Shoreham through to Newhaven, as well as longer distance routes to Eastbourne, Lewes, Ringmer and Tunbridge Wells.

Head office: 43 Conway Street, Hove BN3 3LT

1 Stop Travel, 26 North Street, Brighton BN1 1EB

Tel. 01273 886200 www.buses.co.uk

What?

Brighton & Hove Bus and Coach Company runs services across Brighton and Hove and beyond and has been running transport services in the city since the 1880s. Carers' Card holders over 18 who are not studying benefit from Student fare prices on all Keycard purchases (Student fares cut standard prices by around a third). NB. See separate listing for City Sightseeing Tours on page 29.

Your Carers Card

For people who care for someone else

How?

You'll need to apply for your Keycard by going to head office in Hove or the 1 Stop Travel office in Brighton (see above for details). You'll be asked to show the Carers' Card, plus your Birth Certificate, passport or driving license. Additionally, you'll need an email address and to provide evidence of your current address. Your photo can be taken on the spot (or you can supply your own passport-sized photo) and the discounted travel account will be activated. Afterwards, you'll be able to load up the Keycard online at www.smartbuses.co.uk or by visiting head office or 1 Stop Travel. The Keycard discount will expire at the same time as the Carers' Card and you'll need to reapply once you have your new Carers' Card. For more info, see www.buses.co.uk/carers Please note, you'll need at least a year to run on your Carers' Card to get a 12 month citySAVER or a networkSAVER for the Keycard.

Brighton & Hove Radio Cabs (cover Brighton & Hove and Adur)

Where?

24 hour Brighton & Hove and Adur based taxi service for transport across Brighton & Hove and Adur and beyond

Tel. 01273 20 40 60 01273 41 41 41 01903 767694

www.brightontaxis.com Or Apple App Store search 'BN TAXI'/Google Play Search 'Brighton Taxi'

What?

Brighton & Hove Radio Cabs includes Hove & Adur Carcabs and ABCA Taxis Lancing and is one of Brighton and Hove's longest-established taxi companies. You can book your taxi online, by 'phone or via the Radio Cabs App using your iPhone or Android phone. The company provides phone and online bookings for journeys in and around the areas of Brighton & Hove and Adur, as well as transfers to and from airports and seaports. Vehicles include accessible cabs and multi seaters for up to eight passengers. There's a 10% discount on metered journeys where a Carers' Card holder is present.

How?

When you call to make a booking, make sure you say it's a Carers' Card booking. If you flag down a cab on the street, show the Carers' Card as you get in, so the driver knows you're eligible for the 10% discount. If you book using an app, you should mention it's a Carers' Card booking in the 'notes' section. If you book online through the Radio Cabs website, mention the Carers' Card in your booking message. You will need to show the card when you get in the cab to verify the discount. Tel. 01273 20 40 60, 01273 41 41 41 or 01903 767694, or visit www.brightontaxis.com Or Apple App Store/Google search 'brighton taxi'

Your Carers Card

For people who care for someone else

Carers Parking Permit

Where?

For parking in the parking zone of the person you care for (as long as you do not live in the same parking zone)

What?

The Carers Parking Permit is a free parking permit issued by Brighton & Hove City Council at a cost of £10 to help carers to park more easily near the home of the person they care for. Once you have a Carers Parking Permit, you can park in a permit bay, or shared use bay in the zone indicated on the front of the permit (but not pay and display). The permit has to be renewed after the expiry date.

How?

To apply for a Carers Parking Permit, you will need to complete a Carers Parking Permit application form. The application form needs to be signed by the GP of the person you care for. To request an application form call 01273 296622, [visit www.brighton-hove.gov.uk/content/parking-and-travel/parking/carers-permit](http://www.brighton-hove.gov.uk/content/parking-and-travel/parking/carers-permit) or pop in to the Customer Service Centre, Hove Town Hall, Norton Road, Hove, BN3 3BQ

City Cabs Brighton (part of the Southern Taxis Group)

Where?

24 hour Brighton-based taxi service for transport across Brighton and Hove and beyond
Tel. 01273 555555
www.205205.com

What?

City Cabs Brighton, established in 1962, is one of Brighton and Hove's longest-established taxi companies. The company provides cabs for journeys in and around the areas of Brighton and Hove, as well as airport journeys. Vehicles include accessible cabs and multi seaters for up to eight passengers. If you need an accessible vehicle, you're advised to book in advance. City Cabs also have a range of wheelchair type vehicles; specify what you need when you book.

Carers' Card offer: If you book by 'phone, there's a 10% discount on metered journeys around the city where a Carers' Card holder is present. For airport bookings, there's a set discounted rate of £40 to Gatwick and £90 to Heathrow (please note these journeys need to be paid for in cash on the day).

How?

To access the 10% discount on standard bookings, you will need to book the cab by 'phone on the number above and make it clear it's a Carers' Card booking. If you're booking an airport journey, call the number above, ask to speak to Natalie or Helen and make it clear it's a Carers' Card booking. You will need to show the card when you get into the cab to validate the discount.

Your Carers Card

For people who care for someone else

City Sightseeing Tours

Where?

City Sightseeing Tours cover key Brighton and Hove landmarks

Head office: 43 Conway Street, Hove BN3 3LT

1 Stop Travel, 26 North Street, Brighton BN1 1EB

Tel. 01273 886200 www.buses.co.uk

What?

Brighton & Hove Bus and Coach Company's City Sightseeing Tours run from 8 April to 29 October 2017. There are 15 pick-up points and a hop on, hop off service that covers city landmarks including the Palace Pier, Grand Avenue and Brighton Marina. The tours, in open top buses, run every 30 or 60 minutes and are a great way of seeing the city. There's a running commentary in seven languages and tickets are valid for 24 hours. For more information, visit www.buses.co.uk/page.shtml?pageid=1344 Carers' Card holders over 18 who are not studying benefit from the Student discount on City Sightseeing Tours. So card holders pay £9 instead of £12 for the tour and £12 for the tour and one day unlimited travel instead of £15. NB. See separate listing for Brighton & Hove Bus and Coach Company's general bus services on page 26.

How?

Fares are paid in cash on the day, so just show the Carers' Card when you get on the bus.

Enterprise Car Club – hourly self-service vehicle hire in Brighton and Hove

Where?

Car and van hire at over 100 locations across Brighton and Hove

Join the club online at www.enterprisecarclub.co.uk

Tel. 0345 266 9290 membership@enterprisecarclub.co.uk

What?

The Carers' Card holder is eligible for a discount on Enterprise Car Club membership in Brighton and Hove. You'll get a year's membership for just £20 instead of *£60, plus two hours free driving. For more information about how the service works, visit the Enterprise Car Club website.

How?

Enter the promotional code CCB2017 when joining online. Your Carers' Card membership will then be verified with Brighton & Hove City Council to trigger the discount.

**Standard terms apply. Valid on Standard membership plan only in the first year of membership. Driving credit is equal to £10 on small/medium category vehicles and expires after 60 days. Offer not available on 'Under 22' plan.*

Your Carers Card

For people who care for someone else

Exclusive Offers for Young Carers' Card holders

Young carers with a Carers' Card can take advantage of all the offers on the Carers' Card as long as they meet any age restrictions – but the offers below are exclusively for young carers between the ages of 8 and 25.

Brighton & Hove City Council sports and leisure centres

Freedom Leisure www.freedom-leisure.co.uk

Where?

King Alfred Leisure Centre
Moulsecoomb Community Leisure Centre
Portslade Sports Centre
Prince Regent Swimming Complex
St Luke's Swimming Pool
Stanley Deason Leisure Centre
Withdean Sports Complex

Swimming

Young Carers' Card holders can swim for free at the city's three swimming pools – King Alfred, Prince Regent and St. Luke's.

Junior Health & Fitness sessions (12 to 15s)

There are a range of supervised 'Junior Health & Fitness' sessions for 12 to 15 year olds in Freedom Leisure Centres in Brighton and Hove. Withdean also runs unsupervised sessions for 14 and 15 year olds. After paying £16.45 for a gym induction, these sessions are free for Young Carers' Card holders. During the induction, staff show you how to use the equipment and give you a chance to try it out. Card holders can use cardio-vascular equipment, but they can't use weights for health and safety reasons.

King Alfred: 3.30-5.30pm weekdays, 11am-2pm Saturday, all day Sunday.

Moulsecoomb: 3.30-5.30pm Monday to Thursday, 11am-2pm Saturday, all day Sunday.

Portslade: 3.30-5.30pm Monday to Thursday.

Prince Regent: 3.30-5.30pm weekdays, 11am to 2pm Saturday, all day Sunday; school holidays 12 noon to 3pm every day.

Stanley Deason: 3.30-5.30pm Monday to Thursday.

Withdean: after £16.45 induction, supervised sessions for 12-15s using cardio-vascular equipment in the gym (4.15-5pm weekdays, booking recommended), supervised sessions for 12-13s (2-3pm) and unsupervised sessions in the gym for 14 and 15 year olds (12 noon-4.30pm term time at weekends and every day in school holidays). Family Myride Sunday (12-15s) 10.15-10.45am £3.10 (booking recommended, induction not required).

Gyms (16 to 25s)

Young carers over the age of 16 can use the gyms at King Alfred, Moulsecoomb, Portslade, Prince Regent, Stanley Deason and Withdean for free, once they've paid £16.45 for a gym induction. Access is at any time during opening hours.

Your Carers Card

For people who care for someone else

How?

Swimming - just show your Young Carers' Card when you pay.

Junior Health & Fitness sessions - book and pay for the induction in advance – either in person or over the 'phone – and make it clear the booking's for a Young Carers' Card holder. After induction, just show the Young Carers' Card at the pay desk.

Gym - book and pay for the induction in advance – either in person or over the 'phone – and make it clear the booking's for a Young Carers' Card holder. After induction, just show the Young Carers' Card at the pay desk.

NB. There's a form to fill out before any induction. It covers things like health and safety and a parent carer needs to sign it if the Young Carers' Card holder is under 18.

Brighton Ballet School

Where?

ACT Hove Premises, Studio 1, 170 Church Road, Hove BN3 2DJ

BHASVIC Dance Studio, 205 Dyke Road, Hove BN3 6EG

Bird Studios, Studio 3&4, Vantage Point, New England Street, Brighton
BN1 4GW

Tel. 07595 303180 www.brightonballetschool.co.uk

What?

Brighton Ballet School provides a full range of children's and adult ballet, tap and contemporary dance classes in three locations across the city. There are classes for all ages and abilities and students can progress to British Ballet Organisation exams.

Carers' Card offer: First trial class is free to Carers' Card holders and subsequent classes and courses are discounted by 10%.

How?

Courses for card holders are booked termly (usually blocks of 10 to 12 weeks) and there's a registration form to complete before attending. Make sure you mention the Carers' Card when booking and take the card on the day to validate the discount.

Brighton Junior Golf

Where?

Hollingbury Golf Course, Ditchling Road, Brighton BN1 7HS

Waterhall Golf Course, Saddlescombe Road, Brighton BN45 7DB

Tel. 01273 921135 www.brightonjuniorgolf.co.uk

What?

Run by PGA professionals Neil Plimmer and Nevil Perryman-Best, Brighton Junior Golf provides golf coaching that aims to include all levels and abilities. Designed for 4 to 14s,

Your Carers Card

For people who care for someone else

training includes golf games and skills and takes place on modified golf courses at weekends. The organisation also provides golf camps during school holidays and golf parties. First taster 'JOLF' session is free to Carers' Card holders (then the 10 week course costs £99 with free cap and journal). Family coaching is also discounted by 20% so an hourly lesson costs £40 instead of £50.

How?

Email info@brightonuniorgolf.co.uk or call the number above. Make sure you mention the Carers' Card when booking and take the card on the day to validate the discount.

Brighton Kayak Experience

Where?

Local beaches and rivers depending on tide and weather conditions

Tel. 07906 075172 www.brightonkayakexperience.co.uk

What?

Run by level 2 coach, Rob Leatham, Brighton Kayak Experience aims to make paddlesports accessible to everyone and to include all levels and abilities. Rob runs group courses and one-to-one coaching sessions. Prices on all sessions are discounted by 10% and a carer goes free.

How?

Call the number above or email robleatham@tesco.net to book or find out more. Make sure you mention the Young Carers' Card when booking and take the card on the day to validate the discount.

Paradise Park

Where?

Avis Road, Newhaven, East Sussex BN9 0DH
Tel. 01273 512123

What?

Part theme park, part gardens, this quirky destination combines life-size moving dinosaurs and collections of fossils, minerals and crystals with themed gardens, water features, lakes and indoor and outdoor play areas. There's also a garden centre with a café overlooking the gardens. The perfect day out for all ages! Young carers and up to five other family members get half price entry at Paradise Park.

How?

Show your Carers' Card when you pay.

Your Carers Card

For people who care for someone else

Soft play

Where?

Funplex Ltd, Hyde Business Park, Auckland Drive, Bevendean, Brighton BN2 4JE

Tel. 01273 690888 www.funplex.co.uk

Monkey Bizness, Unit 27, Cliffe Industrial Estate, Lewes BN8 6JL

Tel. 01273 311566 www.monkey-bizness.co.uk

Westow's World of Play, School Road, Hove BN3 5HX

Tel. 01273 721338 www.westows.com

What?

Funplex – play centre with three level play frame including four lane Astraslide, softball cannon area and maze with spiral slide. There's also a two level play frame for toddlers with slide, ball pool, baby area and Wow softplay zone. Carers' Card holders get £1.50 off, adults and non-walking babies go free.

Monkey Bizness - modern, open plan centre with areas for 0-2s, 2-5s and 5-12s, plus Sky TV, free wifi and magazines for the grown-ups and a healthy restaurant for the whole family. Carers' Card holders go half price (adults and over 13s pay £1.25).

Westow's – play centre with separate play area for under threes, main play area for children up to 4ft 10ins, children's astroturf pitches, plus bouncy castle (subject to availability). £1.50 off for Carers' Card holders. Carers and non-walking babies go free. The £1.50 discount also applies to party bookings.

How?

Show the Carers' Card when you pay.

Spring Barn Farm

Where?

Spring Barn Farm Park, Kingston Road, Lewes, East Sussex BN7 3ND

Tel. 01273 488 450 www.springbarnfarm.com

What?

Young Carers' Card holders and one parent carer receive 50p off the carer entry price (see <http://www.springbarnfarm.com/opening-times-prices/> for current pricing).

How?

Show the Carers' Card at the pay desk.

Sussexsport

Where?

Sussexsport, University of Sussex, Falmer, Brighton BN1 9RB Tel. Luke Terrill 01273

877687 email l.o.terrell@sussex.ac.uk www.sussex.ac.uk/sport

Your Carers Card

For people who care for someone else

What?

10% discount on Sussexsport's half term, Christmas, Easter and Summer holiday activity programmes for children and young people up to the age of 16. Sports include circus, dance, basketball, multisports, squash, tennis, badminton, netball, cricket and trampolining.

How?

Ask for an application form and return it with your payment. The discount's triggered when you indicate you're a carer on the application form. To find out more about Sussexsport's holiday programme, visit <http://www.sussex.ac.uk/sport/1-7.html>

The Outdoors Project

Where?

Various outdoor locations in Brighton and Hove

Tel. 01273 933781 info@theoutdoorsproject.co.uk www.theoutdoorsproject.co.uk

What?

Outdoor adventure activities for kids aged six to 12 provided by The Outdoors Project, including after school clubs; bushcraft survival; woodland, environmental and team building sessions; and rock climbing and bouldering. Carers' Card holders get a 30% discount off the usual price (excludes party bookings).

How?

Say you're booking on behalf of a Carers' Card holder at the time of booking and take the card with you on the day to prove eligibility.