

Your Carers Card

For people who care for someone else

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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 apply for or renew the card online at www.brighton-hove.gov.uk/carers-card

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

Call the Carers Hub on 01273 977000 or email info@carershubs.co.uk (if you are a parent carer of an under 18 year old, make sure you have *Compass Card Brighton and Hove to hand when you get in touch; you will need to give the number on the back of the card).

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

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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not mean that we are recommending or endorsing any of these services, groups or organisations featured, which may be withdrawn or removed at any time.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, go to www.carershub.co.uk and sign up to become a member, 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

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Leisure - general

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 £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 one other 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. **Please note**, this offer only applies to bookings made in person at Hollywood Bowl, or to 'phone bookings. It doesn't apply to online bookings.

How?

Show your Carers' Card when you pay in person. To book by 'phone, call 0844 4770 484 and say you qualify for the Carers' Card discount – and don't forget to take the card with you and show it when you arrive. If you need a lane with disabled access, tell staff when you book.

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Laughing Dog

Where?

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 16 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. 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

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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.

Viva Vinyl, Hove

Where?

63 Queen Victoria Ave, Hove BN3 6XA

www.viva-vinyl.com 07786 332975

What?

Viva Vinyl is a quirky shop and café that combines rare vinyl records from a broad range of genres with hot drinks and food for the whole family in the adjacent café. There are also regular events and weekly pop-up restaurants in the evening. 10% discount for Compass Card holders on vinyl purchases (see page 17 for café and pop-up restaurant discount).

How?

Show the Carers' Card as you pay if you're making a purchase in the vinyl shop.

Courses and classes

Brighton Natural Health Centre

Where?

27 Regent Street, Brighton BN1 1UL

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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, 10% off the 10 or 20 class pass and 10% off most courses and workshops. Carers' Card holders are also invited to join the centre's weekly low-cost community classes (yoga, meditation or qigong) which are priced between £4 and £4.50.

How?

Drop in to the centre to register as a Carers' Card discount holder and your discount will then be applied whether you book online or at the centre. You need to show your Carers' Card the first time you register at Brighton Natural Health Centre to trigger the discount and then re-register on an annual basis.

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 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 32 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

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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

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 and one-to-one money advice, Whitehawk Inn has a range of workshops for over 16s as well as drop-in gadget surgery. All courses are low cost. When there's a full range of courses (**NB. from autumn term 2018**), 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.

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How?

Show the Carers' Card when you enrol for a course that has 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?

A wide variety of traditional and contemporary yoga classes. Carers' Card holders receive a 25% discount on monthly packages and the Yoga Haven Class Card.

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

Attenborough Centre for the Creative Arts (ACCA)

Where?

University of Sussex, Gardner Centre Road, Falmer, Brighton BN1 9RA Tel. 01273 678822

www.attenboroughcentre.com

What?

An inter-disciplinary arts centre on the University of Sussex campus that provides a programme of contemporary arts including music, theatre, dance, live art, discussion and debate and digital installation. The café bar serves sandwiches and sharing platters, along with a selection of soft drinks, tea, coffee, alcohol and bespoke cocktails. Special offers on selected shows. You can also get a free carers' ticket on most shows if you are taking the person you care for and they need your support – whether there's a special offer or not.

How?

Often, we won't know what offers are available until the last minute. If you didn't sign up for text or email updates when you applied for your Carers' Card, go to www.carershub.co.uk and sign up to become a member, so you don't miss out on any offers! Once we've given you information about an offer, you'll be able to book your tickets online on the website (no booking fees). Mention the Carers' Card when you book and take the card with you on the day to validate the discount.

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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) www.brightondome.org or

www.brightonfestival.org For details on accessibility, visit <http://brightondome.org/access/>

or www.brightonfestival.org/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. If you didn't sign up for text or email updates when you applied for your Carers' Card, go to www.carershub.co.uk and sign up to become a member, so you don't miss out on any offers! 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. 01273 647104 (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).

How?

Often we won't know what offers are available until the last minute. If you didn't sign up for text or email updates when you applied for your Carers' Card, go to www.carershub.co.uk and sign up to become a member, so you don't miss out on any offers! Please note, you'll need to show your Carers' Card when you pick up your tickets.

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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. If you didn't sign up for text or email updates when you applied for your Carers' Card, go to www.carershubs.co.uk and sign up to become a member, so you don't miss out on any offers! 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.

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Fitness

Brighton & Hove City Council sports and leisure centres Freedom Leisure

Where?

www.freedom-leisure.co.uk

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 (page 31).

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.

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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 wee, including a programme for over 50s called 'Forever Young'. The facilities are modern with spacious studios and changing facilities.

Carers' Card offer: Carers' Card holders get discounted monthly membership (£23.99 instead of £29.99). 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.

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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. If you're an 'Independent Experienced Climber', card holders get free annual membership (usually £12.95) and student/concessionary rates (15 to 20% lower than usual member rates).

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)

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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 if they sign up for membership, 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.

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How?

You'll 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 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.

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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 and 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.

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

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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 seasonal menu with a wide variety of dishes to suit any dietary requirements. 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 (excludes weekends and bank holidays).

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.

Viva Vinyl, Hove

Where?

63 Queen Victoria Ave, Hove BN3 6XA

www.vivavinyl.com 07786 332975

What?

Viva Vinyl is a quirky shop and café that combines rare vinyl records from a broad range of genres with hot drinks and food for the whole family in the adjacent café. There are also regular events and a weekly pop-up restaurant in the evening (see Viva Vinyl Facebook page for details). 20% discount in the café and pop-up restaurant for Carers' Card groups (book in advance at the café if you're in a group of more than six). See page 5 for the discount on vinyl records in the shop.

How?

Show the Carers' Card as you arrive in the café. Mention the Carers' Card when you book your place at the pop-up restaurant and show it on the day to trigger your discount.

Your Carers Card

For people who care for someone else

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.

Bodhisattva Kadampa Meditation Centre

Where?

3 Landsdowne Road

Hove BN3 1DN

Tel. 01273 732917

www.meditateinbrighton.com

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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 £5.25 instead of £7). 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

Where?

Discounted sessions at various locations across the city.

What?

Gentle, non-invasive and suitable for people of all ages and from all walks of life, Alexander Technique is a specialised mind and body technique that aims to reduce stress and tension and help you manage your posture and wellbeing. It can enable easier everyday movement and teach you how to prevent and relieve back and neck problems. The skills you learn can be used in everyday life and help you to take care of yourself as a carer. Carers' Card holders get reduced price sessions from teachers in Brighton and Hove on up to five 50 minute one-to-one lessons (£25 instead of £35 per lesson).

How?

Call 07800 511479 or email janetelizjacobs@aol.com to book a one-to-one session. Remember to take your Carers' Card with you to qualify for the discount.

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

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For people who care for someone else

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. 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, cranial sacral therapy, podiatry, Alexander Technique, EFT, counselling and other talking therapies. 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 £42.50 with discount. Some treatments are suitable for children, but all under 16s have to be accompanied by an adult. For the full range of therapies, visit www.brightonhealthandwellbeingcentre.co.uk/complementary-therapies/therapies

How?

You'll need to contact each therapist individually to book a treatment by visiting www.brightonhealthandwellbeingcentre.co.uk/complementary-therapies/therapies 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.

Brighton Physiotherapy Clinic

Where?

104 St Georges Road, Brighton BN2 1EA.
20 Tredcroft Road, Hove BN3 6UH.

Tel. 01273 621248 info@brightonphysio.co.uk www.brightonphysio.co.uk

What?

Brighton Physiotherapy Clinic is a team of professionals that aims to resolve physical issues quickly and address underlying causes. The practice provides physiotherapy, acupuncture, sports massage, pilates and nutrition services. Carers' Card holders pay £40 for assessments and treatments (normally £45). Some treatments are suitable for children, but all under 16s have to be accompanied by an adult.

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How?

To find out more, or to book a treatment, call 01273 621248. 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.

David Pena-Charlon meditation course

Where?

Courses are organised at your home.

Tel. 07851 928355 email davidpcharlon@gmail.com

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.

Hove StressBusters

Where?

At various locations in and around Hove, including Cornerstone Community Centre, Church Road, Hove BN3 2FL www.hovestressbusters.co.uk

What?

HoveStressBusters is a local community of therapists, practitioners and instructors who are dedicated to wellbeing and stress management. There are dozens of specialists to choose from, including acupuncturists, massage therapists, psychotherapists, nutritionists, hypnotherapists, coaches, mindfulness teachers, healers and yoga practitioners. There's also a choice of courses, workshops and one-to-one sessions. Most are for adults, but individual practitioners may work with younger age groups. Hove StressBusters offers Carers' Card holders a 10% discount on all talk and demonstration evenings, workshops, courses and one to one sessions with any of the practitioners listed in their directory, or the concessionary rate if there is one (whichever is cheaper).

How?

Hove StressBusters courses and workshops – email info@hovestressbusters.co.uk to book and mention the Carers' Card. You'll be emailed a discount link or a discounted

Your Carers Card

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invoice with BACS details. Show the Carers' Card when you attend to validate the discount.

Hove StressBusters one to one sessions with individual therapists – see the website directory at www.hovestressbusters.co.uk and contact the therapist direct. Mention the Carers' Card when you book and show the Carers' Card when you attend to validate the discount. For more info about Hove StressBusters, see the website above.

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 Kamsons' 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

Metro Salon, Brighton (formerly City Revival)

Where?

1st Floor, Pelham Tower, Brighton BN1 4FA (main entrance on Pelham Street)

Tel. 01273 667790

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.

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How?

Look out for news on the dates of free Carers' Pamper Days, or call the number 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.

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

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£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.

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

Closs & Hamblin (formerly C & H Crafts and Home)

Where?

Closs & Hamblin, 179 Western Road, Brighton BN1 2BA

Tel. 01273 321959

<https://www.candh.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.

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How?

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

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, transition from children's to adult social care services, safeguarding adults at risk, 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

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lifetime and after you have gone, using Wills and Trusts. Renaissance Legal can also help with Powers of Attorney, Court of Protection applications and benefits claims.

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 eight bus service routes in the Brighton and Hove area:

Route 16 – Portslade Station, Knoll Estate, Hangleton Valley Drive, Hangleton

Route 16A – Portslade Station, Knoll Estate, Hangleton

Route 47 – City Centre, County Hospital, Marina, Rottingdean, Saltdean, East Saltdean

Route 52 – City Centre, County Hospital, Marina, Ovingdean, Woodingdean

Route 56 – Patcham, Hollingbury, Fiveways, Preston Circus, City Centre, Seven Dials, Knoll

Route 56E – Brighton Station, Seven Dials, Blatchington Mill School, Hove Park School

Route 57 – City Centre, County Hospital, Marina, Ovingdean, Rottingdean, Saltdean, East Saltdean

Route 66 – Portslade, Knoll Estate, Hangleton, Sainsbury's, Portslade

What?

The Big Lemon runs on bio-diesel from locally sourced waste cooking oil. 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/buses or call 01273 681681.

How?

Just show the Carers' Card to the driver and the Carers' 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.

Your Carers Card

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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.

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 – covering 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** (Brighton and Hove) or **01273 41 41 41** (Brighton, Hove and Adur)

Visit www.brightontaxis.com to book online, or download the free Radio Cabs app by searching 'Radio Cabs Brighton' in the App Store or Google Play

What?

Open 24 hours a day, 365 days of the year, Brighton & Hove Radio Cabs operates a mixed fleet of over 300 fully licensed hackney carriage and private hire taxis, ranging from saloons to eight-seater vehicles with wheelchair accessibility. Services include local journeys, transport for large groups and transfers to airports and destinations across the country. To book, track and pay for your taxi, you can download the free Radio Cabs app. You can pay using a credit or debit card by registering your card details to your mobile phone number, or by registering via the Radio Cabs app. Contactless, chip and pin, Android and Apple Pay payments are also available by asking your driver to use the iZettle card reader device. There's a 10% discount on metered journeys where a Carers' Card holder is present.

Your Carers Card

For people who care for someone else

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 the Radio Cabs app, you should mention it's a Carers' Card holder 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 validate the discount. To book, call **01273 20 40 60** (Brighton and Hove) or **01273 41 41 41** (Brighton, Hove or Adur), visit www.brightontaxis.com or download the Radio Cabs app.

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.

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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 Alina 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.

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

Your Carers Card

For people who care for someone else

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 CCB2018 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.*

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 Active for Life activities

Where?

Dance Station, Unit 4, 57 North Street, Portslade BN41 1DH

Hertford Junior School, 66 Lynchet Close, Brighton BN1 7FP

King Alfred Leisure Centre, Kingsway, Hove BN3 2WW

The Manor Gym, Manor Road, Brighton BN2 5EA

Portslade Sports Centre, Chalky Rd, Portslade BN41 2WS

Portslade Village Centre, Windlesham Close, Portslade BN41 2LL

The Studio, Whippingham Road, Brighton BN2 3PF

West Blatchington Primary School, Hangleton Way, Hove BN3 8BN

What?

Young Carers' Card holders can attend Active for Life Activities, run by the council's Healthy Lifestyles Team, for free. PLEASE NOTE, all the sessions below run in term time only.

Tuesdays:

Active for Life Club, multi sports for children aged 7 to 11 at The Manor Gym from 3.30 to 4.30pm; Girls Get Active, multi fitness session for girls aged 12+ (Zumba, spin, gym and circuits) at King Alfred Leisure Centre from 4.30 to 5.30pm; and Young Dancers Collective at The Studio, contemporary dance sessions for boys and girls aged 12+ from 6.45 to 8pm.

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Wednesdays:

Active for Life Club, multi sports for children aged 7 to 11 who are pupils at Hertford Junior School from 3 to 4pm (please check availability); Street Games, multi sports for ages 12+ at Portslade Sports Centre from 4.30 to 5.30pm.

Thursdays:

Active for Life Club, multi sports for ages 7 to 11 at Portslade Village Centre from 3.30 to 4.30pm; Young Dancers Collective, contemporary dance sessions for boys and girls age 12+ at Dance Station from 5.15 to 6.30pm.

Fridays:

Active for Life Club, multi sports for children aged 7 to 11 who are pupils at West Blatchington School from 3.10 to 4.10pm (please check availability); and Street Games, multi sports for ages 12+ at Moulsecoomb Leisure Centre from 6 to 7pm.

How?

No need to book, just turn up and show your Young Carers' Card.

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 £17.15 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.

Your Carers Card

For people who care for someone else

Withdean: after £17.15 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 £3.22 (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 £17.15 for a gym induction. Access is at any time during opening hours.

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.

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Brighton Junior Golf

Where?

Brighton & Hove Golf Club, Devils Dyke Road, Brighton BN1 8YJ
Hollingbury Golf Course, Ditchling Road, Brighton BN1 7HS
Piltdown Golf Club, Clayton Hill, Piltdown, Uckfield TN22 3XB
Pyecombe Golf Club, Clayton Hill, Brighton BN45 7FF
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, 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).

How?

Email info@brightonjuniorgolf.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 robleatham64@gmail.com 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

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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.

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

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).

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 488450 www.springbarnfarm.com

What?

Loads to do at this great family destination – including seasonal events, indoor play with mega slides and soft play for under 5s and under 3s, Treetop Towers Adventure Play, giant jumping pillow and plenty more, along with lambs, pigs, chickens, rabbit, goats, donkeys and ponies. Young Carers' Card holders pay usual entry price and one carer is admitted free of charge (see www.springbarnfarm.com for current pricing).

How?

Show the Carers' Card at the pay desk.

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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

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.

Updated May 2018