

# Your Carers' Card

For people who care for someone else

What it is  
and how  
to use it ...

Offers and discounts on leisure,  
health and wellbeing in the city



Brighton & Hove  
City Council



The Carers' Card is administered by The Carers Centre, on behalf of Brighton & Hove City Council.

**Please note:** While Brighton & Hove City Council wants to ensure a wide range of benefits for Carers' Card holders, this does not mean that we are recommending or endorsing any of the services, groups or organisations featured, which may be withdrawn or removed at any time.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.

If you experience any difficulties in using your Carers' Card at local venues, 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](mailto:ann@amazebrighton.org.uk)

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## Don't have a Carers' Card yet?

If you care for someone over 18 years old and would like a Carers' Card please contact the Adult Social Care Access Point on:

**t** 01273 295555

**e** [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

If you care for someone under 18 years old (for Parent Carers) you are entitled to a card if your child has a Compass Card\*. Contact the Integrated Child Development & Disability Team on **01273 295153** – please ensure you have the Compass Card to hand when you phone.

\* For more information about the Compass Card phone the Amaze helpline on 01273 772289.

## Terms and Conditions

Please note: The offers on the Carers' Card are subject to change and are added to regularly. You can check out the latest offers on the council's website [www.brighton-hove.gov.uk/carers-card](http://www.brighton-hove.gov.uk/carers-card)

[brighton-hove.gov.uk/carers-card](http://www.brighton-hove.gov.uk/carers-card)

- 1) Carers of Adults: your Carers' Card is valid for one year from the date of your carer's assessment. You will need to have a review of your caring role before another Carers' Card can be issued. The Carers Centre can remind you when your card is due to expire if you provide them with your preferred method of contact.
- 2) Parent Carers: your Carers' Card is valid for two years from the date of your carer's assessment. You will need to have a review of your caring role before another Carers' Card can be issued. The Carers Centre can remind you when your card is due to expire if you provide them with your preferred method of contact.
- 3) The Carers' Card can only be used by the named Carer's Card holder and cannot be transferred to another user.
- 4) If you lose your card, send a cheque for £5.00 made payable to The Carers Centre (18 Bedford Place, BN1 2PT) along with your name, address and telephone number. The Carers Centre will send you a replacement card.

- 5) Let the Carers Centre know if you change your address, email address or telephone number so that they can remind you when your card needs renewing and keep you up-to-date with Carers' Card offers.
- 6) Please bear in mind that some Carers' Card offers are last-minute. We operate a text message and email service to keep you updated on the latest Carers' Card offers – make sure you let the Carers Centre know your preferred method of contact so you don't miss out.
- 7) Carers' Card holders need to follow the rules at Carers' Card venues and stick to the terms and conditions of the card. Brighton & Hove City Council and The Carers Centre reserve the right to withdraw the Carers' Card at any time, in the event of any breach of the conditions, on 7 days written notice.

**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.

# General Carers' Card offers

## Leisure

### The Big Lemon

#### Where?

The Big Lemon bus route 44  
[www.thebiglemon.com](http://www.thebiglemon.com)

#### What?

The Big Lemon Bus Company runs the Route 44 bus service in Brighton. The term-time service runs on weekdays between the University of Sussex, the University of Brighton and the Old Steine and Churchill Square. Buses run on bio-diesel from locally sourced waste cooking oil.

#### How?

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

### Brighton Bowlplex

#### Where?

Bowlplex, Marina Way,  
Brighton Marina, Brighton BN2 5UT  
Tel. 01273 818180 [www.bowlplex.co.uk](http://www.bowlplex.co.uk)

#### What?

The Carers' Card holder and one guest pay £3 Monday-Friday from 10am-6pm – except

during bank holidays and school holidays. Standard rates apply at other times, but under fours go free.

#### How?

Show your Carers' Card when you pay. Remember to let staff know if you need a lane with disabled access.

### Duke of York's Cinema

#### Where?

The Duke of York's Cinema,  
Preston Circus, Brighton BN1 4NA  
Tel. 08717 042056 (bookings)  
01273 818549 (enquiries)  
[www.picturehouses.co.uk](http://www.picturehouses.co.uk)

#### What?

All Carers' Card holders get the concessionary rate at The Duke of York's. The offer will also apply to The Duke of York's at the Komedia, a three screen cinema at Komedia Brighton which is scheduled to open December 2012.

#### How?

Show the Compass Card at the cinema box office.

Please note: Anyone who receives Disability Living Allowance (DLA) or Attendance Allowance, or who's registered blind, can apply for a CEA (Cinema Exhibitors' Association) card. The card provides free carers' tickets at cinemas across the UK and costs £5.50. Visit [www.ceacard.co.uk/](http://www.ceacard.co.uk/) for an application form or more information.

## Eating out

### 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. This term time restaurant  
serves lunches Tues-Fri and dinners Wed-Thurs.  
To book a table, call 01273 667711  
(9am to 4pm).

#### How?

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

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### Komedia Café

#### Where?

44-47 Gardner St, Brighton BN1 1UN  
Tel. 01273 647101  
[www.komedia.co.uk](http://www.komedia.co.uk)

#### What?

A 10% discount off all your purchases in  
Komedia Café when you show your Carers'  
Card.

#### How?

Show the Carers' Card when you pay.

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### Yellowwave Beach Sports Venue

#### Where?

299 Madeira Drive, Brighton,  
BN2 1EN Tel. 01273 672222  
[www.yellowwave.co.uk](http://www.yellowwave.co.uk)

#### What?

Yellowwave is the UK's first permanent beach  
sports venue of its kind with 6 beach volleyball  
courts, a bouldering wall for climbing and the  
Barefoot Café with sun deck.

Carers' Card holders benefit from a 10%  
discount in the Barefoot Café. For climbing wall  
offer, see page 22.

#### How?

Show the Carers' Card when you pay.



# Performance

## Brighton Dome and Festival

### Where?

Brighton Dome and Festival,  
Church Street, Brighton BN1 1UE  
Ticket Office, 29 New Road, Brighton BN1 1UG  
Tel. 01273 709709  
(Ticket Office, booking fee payable)  
[www.brightondome.org](http://www.brightondome.org) For details on  
accessibility, visit [www.brightondome.org/Access.aspx](http://www.brightondome.org/Access.aspx) or call Visitor Services Department  
on 01273 261516 or 261525

### What?

You can 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.

Please note, you'll need to show your Carers' Card when you pick up your tickets.

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## 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](http://www.komedia.co.uk)

### 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 get a free carer's ticket at Komedia, if the Carers' Card holder needs 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 box office.

Carers' Card holders also benefit from a 10% discount at Komedia Café (see page 8).

### 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.

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](http://www.atgtickets.com)

### What?

Special offers on selected shows (often at short notice) at one of the oldest working theatres in the UK.

### 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.

## Wellbeing

### Active LightWorks

#### Where?

Palmeira Practice, 62 Palmeira Avenue,  
Hove BN3 3GF

#### What?

Active LightWorks is a local charity that provides low cost holistic well-being sessions to people with medical conditions and their carers, where complementary therapy would benefit their health or circumstances. Fully qualified therapists

will provide treatments on a regular or rotational basis to card holders over 16 at a clinic close to Hove Cricket Ground - including Massage, Reflexology, Aromatherapy, Deep Tissue Massage and advice.

#### How?

Treatment bookings and general enquiries: Project Coordinator Miranda Kurti 07799 185 509 (mention the Carers' Card). Don't forget to take your Carers' Card with you to qualify for the special rate of £15 per treatment.

### Anahata Health Clinic

#### Where?

119/120 Edward Street, Brighton BN2 0JL

#### 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](mailto:info@anahatahealth.com) to book a treatment or find out more. Hour long treatments usually cost £20 with the Carers' Card discount. However, acupuncture costs £25 for the first session and £15 for subsequent sessions before 5pm and £20 after 5pm. Treatments longer than an hour cost Carers' Card holders £30 (1.5 hours) and £40 (2 hours). Show your Carers' Card at the clinic to trigger the special rate.



## Brighton Alexander Technique College (Carers' Workshops and discounted treatments)

### Where?

Workshops - Conference Room, Community Base, 113 Queen's Road, Brighton BN1 3XG. Discounted treatments – 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 £15, are also heavily discounted.

### How?

Call 01273 206859 or email: francesca\_aldridge@o2.co.uk to book a one-to-one treatment 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.

## City College Hair and Beauty Salon

### 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](http://www.ccb.ac.uk)

### What?

Carers' Card holders over the age of 16 can take advantage of free 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.

## Evolution Arts and Natural Health

### Where?

2 Sillwood Terrace, Brighton BN1 2LR  
Tel. 01273 204204  
email [info@evolutionarts.org.uk](mailto:info@evolutionarts.org.uk)  
[www.evolutionarts.org.uk](http://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 off 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 the additional special offers as they come in.



Additional discounts may be available on specific request in cases of significant financial hardship.

Please note, most courses are held at Evolution Arts, however they may be held at other venues around the city. Courses and workshops are only available for people aged 18 and over.

### How?

Bookings must be made by phone or in person. Please state that you are a Carers' Card holder when making the booking. If booking by phone, a copy of your Carers' Card will be required (by email or post) within seven days to confirm the booking. Tel. 01273 204204.

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## Natasha Nice mobile professional hairstylist

### Where?

Fully qualified and London trained  
Tel: 07810 801531

### What?

Find it difficult to get to the hairdressers? Let the hairdresser come to you! Natasha is a fully qualified and London trained mobile professional hairstylist working in and around Brighton and Hove. Natasha covers all aspects of hairdressing services – cut, colour, blow-dry and styling. Carers' Card holders receive 15% discount on all hairdressing services – so prices start at £8.

### How?

To benefit from the Carers' Card discount, please say you are a Carers' Card holder when you make a booking. You will need to show the Carers' Card when you pay.

## Health & fitness

### Brighton & Hove City Council sports and leisure centres Freedom Leisure

### Where?

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

### What?

Carers' Card holders receive a 15% discount on membership rates which include the use of all six sites in Brighton & Hove, or the 'Connected' membership option which includes the use of all other centres in the Freedom group. Carers must be aged 16 years+ to benefit from this offer. Junior memberships are available however there is no discount available on this.

### How?

Show your Carers' Card when you pay.

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### 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@mytimegolf.co.uk

Waterhall Golf Course, Saddlescombe Road,  
Brighton, East Sussex BN1 8YN Tel. 01273  
508658. Email [waterhall@mytimegolf.co.uk](mailto:waterhall@mytimegolf.co.uk)  
[www.mytimegolf.co.uk/](http://www.mytimegolf.co.uk/)

### What?

Carers' Card holders can obtain a free Mytime Registration Card (value £40) which entitles the bearer to 20% discount on greens fees Mon-Fri and 15% discount at weekends.

### How?

To obtain your free Mytime Registration Card email [marc.seabrook@mytimeactive.org.uk](mailto:marc.seabrook@mytimeactive.org.uk) for an application form, call 01273 500086 if you want an application form to be sent by post, or present your Carers' Card on site and we will issue a registration card on the spot.

## The Deans Leisure Centre

### Where?

Falmer Road, Brighton BN2 7FR  
Tel. 01273 391683  
[www.deansleisurecentre.co.uk](http://www.deansleisurecentre.co.uk)

### What?

Carers' Card holders over the age of 16 get discounted membership on gym use at The Deans (£17 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.

## Hula Honeys - hula hooping fitness classes

### Where?

Scout Hut, Old Parish Lane,  
Woodingdean, Brighton, BN2 6BB  
[www.hulahoneys.co.uk](http://www.hulahoneys.co.uk)

### What?

Carers' Card holders benefit from the concessionary rate of £3.50 per class.

Don't worry if you have never been able to hoop before. The hoops provided are the perfect size and weight to help you pick up the skill easily. You can buy your own hoop to continue hooping at home!

### How?

No need to book class in advance; just turn up and show your Carers' Card when you pay. For more information, visit the website, email [kim.sibbald@hulahoneys.co.uk](mailto:kim.sibbald@hulahoneys.co.uk) or call 07824 641133. Carers' Card holders must be aged 16+ to attend this fitness class.

## Virgin Active – Brighton Health and Racquets Club

### Where?

Village Way, Falmer, Brighton BN1 9SG  
Tel. 01273 667888  
[www.virginactive.co.uk](http://www.virginactive.co.uk)

### What?

Carers' Card holders over the age of 18 get a free two week membership at Virgin Active every 12 months. Centre facilities include gym, tennis courts, swimming pool, sauna and spa. No induction's needed; you just need to fill in a health questionnaire before the free membership starts.

### How?

You'll need to book an appointment with Virgin Active so you can fill in a health questionnaire before your two 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 14 consecutive days.

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## The Triangle and The Dolphin leisure centres

### Where?

**The Triangle**, Triangle Way,  
Burgess Hill RH15 8WA  
Tel. reception 01444 876000  
Health Club 01444 876001  
[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

**The Dolphin**, Pasture Hill Rd,  
Haywards Heath RH16 1LY  
Tel. reception 01444 457 337  
Health Club 01444 447804  
[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### What?

Carers' Card holders get a 'membership' discount (usually around 20% off standard prices) at The Triangle and The Dolphin. Facilities include swimming pools, gym, classes, sports halls and other modern facilities. Card holders also get the concessionary rate on membership. 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.

### How?

Show the Carers' Card when you pay.

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## Yellowwave Beach Sports Venue

### Where?

299 Madeira Drive, Brighton, BN2 1EN Tel.  
01273 672222  
[www.yellowwave.co.uk](http://www.yellowwave.co.uk)

### What?

Yellowwave is the UK's first permanent beach sports venue of its kind with 6 beach volleyball courts, a bouldering wall for climbing and the Barefoot Cafe with sun deck.

Carers' Card holders benefit from Buy one Get one FREE on the climbing wall (6yrs+). For café discount, see page 9.

### How?

Show the Carers' Card when you pay.

## ZT Fitness

### Where?

Unit 7, Hove Business Centre,  
Fonthill Road, Hove BN3 6HA  
(behind Hove Station)  
Tel. 01273 202 226 [www.ztfitness.com](http://www.ztfitness.com)

### What?

Carers' Card holders get 'ZT Special Gym Membership' at £30 per month.

### How?

Show the Carers' Card when you sign up.

## Legal services

### Crosby & Moore Solicitors, Martin Searle Solicitors, Renaissance Legal

### Where?

#### Crosby & Moore Solicitors

Sussex House, 75 Church Road, Hove BN3 2BB.  
Tel: 01273 734702

[www.crosbymooresolicitors.co.uk](http://www.crosbymooresolicitors.co.uk)

#### Martin Searle Solicitors

9 Marlborough Place, Brighton BN1 1UB  
Tel. 01273 609911 [www.ms-solicitors.co.uk](http://www.ms-solicitors.co.uk)

#### Renaissance Legal

Tower Point, 44 North Road, Brighton BN1 1YR  
Tel. 0845 505 60 50 [www.renaissancelegal.co.uk](http://www.renaissancelegal.co.uk)

### What?

A 10% discount on specialist advice to Carers' Card holders from three local legal practices. Crosby Moore Solicitors offers advice on wills, probate, powers of attorney, conveyancing, family law, clinical negligence and personal injury. Martin Searle Solicitors offers advice in employment, community care and landlord and tenant law. Renaissance Legal can offer advice on wills, trusts, powers of attorney, court of protection applications and inheritance tax planning.

### 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.

## Young Carers

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.

### Farms

#### Where?

#### Spring Barn Farm Park

Kingston Road, Lewes, East Sussex BN7 3ND  
Tel. 01273 488 450 [www.springbarnfarm.com](http://www.springbarnfarm.com)

#### Washbrooks Family Farm

Brighton Road, Hurstpierpoint,  
West Sussex BN6 9EF  
Tel. 01273 831201 [www.washbrooks.co.uk](http://www.washbrooks.co.uk)

#### What?

#### Spring Barn Farm Park

Call or visit website for details of opening hours. Carers' Card holders pay the standard entry price at Spring Barn, but an accompanying parent/carer goes free.

#### Washbrooks Family Farm

Open 9.30am – 5pm, seven days a week. Carers' Card holders pay the standard entry price at Washbrooks, but an accompanying parent/carer goes free.

#### How?

Show the Carers' Card at the pay desk.

### Soft play

#### Where?

#### Funplex Ltd

Hyde Business Park, Auckland Drive,  
Bevendean, Brighton BN2 4JE  
Tel. 01273 690888 [www.funplex.co.uk](http://www.funplex.co.uk)

#### Monkey Bizness

Unit 27, Cliffe Industrial Estate, Lewes BN8 6JL  
Tel. 08458 739 645  
[www.monkey-bizness.co.uk](http://www.monkey-bizness.co.uk)

#### Westows World of Play

School Road, Hove BN3 5HX  
Tel. 01273 711944 [www.westows.com](http://www.westows.com)

#### ZT Kids Fit Skool

Unit 7, Hove Business Centre, Fonthill Road,  
Hove BN3 6HA (behind Hove Station)  
Tel. 01273 202226 [www.ztkidsfitskool.com](http://www.ztkidsfitskool.com)

#### What?

**Funplex** – a play centre with areas for under 5s and 5-11s. Carers' Card holders get £1 off, adults go free - so with discount, entry costs £4.25/£3.50 (peak/off peak).

**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, so young carers pay £3/£3.50 (off-peak/peak). Adults pay £1.25. There's also a discount on the 90 day 'seasonal pass' (£40 instead of £45) and the 'annual pass' (£85 instead of £95) – both passes give a child and two adults free entry.

**Westow's** – play centre with separate play area for under threes, main play area for children up to 4ft 10ins, astroturf pitches and bouncy castles. £1.50 off for Carers' Card holders (so entry's £2.50 for 4s and under, £2.90 for 5s and over). Carers and non-walking babies go free. The £1.50 discount also applies to party bookings (so with discount, card-holding party goes pay £7.25) and to the special needs session, which is alternate Fridays 6.15pm to 8.15pm (£4.25 with discount, including kid's meal). The special needs session is aimed at teenagers, but children and siblings of all ages can come.

**ZT Kids Fit Skool** – compact soft play facility for 0 to 12 year olds, with a fitness slant and workers who play with the kids. Adults go free and there's a café with healthy food if you fancy a bite to eat. Carers' Card holders go half price (currently £2.47)

### How?

Show the Carers' Card when you pay.

## Sea Life Brighton

### Where?

Sea Life Brighton,  
Marine Parade, Brighton BN2 1TB  
Tel. 0871 423 2110 [www.visitsealife.com](http://www.visitsealife.com)

### What?

Sealife Brighton re-opened on 13 May 2012 after a massive refurbishment that began in October 2011. There are two brand new features – Jellyfish Discovery and a Behind the Scenes Tour – as well as a brand new admissions area, new shop and toilet facilities. Carers'

Card holders up to the age of 25 get a 20% discount off 'walk up' entrance prices at Sea Life Brighton. You can't combine the 20% discount with any other offers. If you're planning your visit in advance, check the web site for online ticket discounts and look out for special promotions too. For information on group discounts, call 08712 226934.

### How?

Show your Carers' Card when you pay.

## Sussexsport

### Where?

Sussexsport, University of Sussex,  
Falmer, Brighton BN1 9RB  
Tel. Luke Terrill 01273 877687  
email [l.o.terrell@sussex.ac.uk](mailto:l.o.terrell@sussex.ac.uk)  
[www.sussex.ac.uk/sport](http://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, golf, 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>

Translation? Tick this box and take to any council office.

ترجمة؟ ضع علامة في المربع وخذها إلى مكتب البلدية. Arabic ☐

অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali ☐

需要翻譯? 請在這方格內加劃, 並送回任何市議會的辦事處。Cantonese ☐

ترجمه؟ لطفاً این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi ☐

Traduction? Veuillez cocher la case et apporter au council. French ☐

需要翻譯? 請在這方格內划勾, 并送回任何市议会的办事处。Mandarin ☐

Tłumaczenie? Zaznacz to okienko i zwróć do któregośkolwiek biura samorządu lokalnego (council office). Polish ☐

Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese ☐

Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz Turkish ☐

other (please state) ☐

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