

# Your Carers' Card

For people who care for someone else

New  
offers

## **TOM (The Old Market)**

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

What?

Special offers on selected shows (often at short notice) at this recently refurbished, dynamic venue. You can get a free carer's ticket at TOM, 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.

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 at the performance to validate your discount.

## **Royal Pavilion and Museums**

Where?

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

Tel. 03000 290900 [www.brighton-hove-rpml.org.uk/Pages/home.aspx](http://www.brighton-hove-rpml.org.uk/Pages/home.aspx)

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

Tel. 03000 290900 [www.brighton-hove-rpml.org.uk/Pages/home.aspx](http://www.brighton-hove-rpml.org.uk/Pages/home.aspx)

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

Tel. 03000 290900 [www.brighton-hove-rpml.org.uk/Pages/home.aspx](http://www.brighton-hove-rpml.org.uk/Pages/home.aspx)

What?

Brighton & Hove has an amazing range of museums, as well as the unique royal pleasure palace, the Royal Pavilion. Admission to Brighton Museum, Hove Museum and the Booth Museum is free. However, there are entrance fees for the Royal Pavilion and Preston Manor and some exhibitions at Brighton Museum & Art Gallery. 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!

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



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How?

Show the Carers' Card when you pay.

## **City Car Club – hourly car and van rental in Brighton and Hove**

Where?

Car and van hire at over 60 locations across Brighton and Hove

Register online at [www.citycarclub.co.uk](http://www.citycarclub.co.uk)

Tel. 0845 330 1234 or 0113 394 3999

[enquiries@citycarclub.co.uk](mailto:enquiries@citycarclub.co.uk)

What?

The Carers' Card holder is eligible for a 50% discount on City Car Club membership in Brighton and Hove for the first year – so a year's membership costs £30 instead of £60. For full details, visit the City Car Club website.

How?

Enter the promotional code CCB341 when applying online for your first year's membership. Your Carers' Card membership will then be verified with the Carers Centre to trigger the discount.

## **Hangleton Holistics**

Where?

Hangleton Community Centre, Harmsworth Crescent, Hove BN3 8BW

What?

Hangleton Holistics is a not-for-profit organisation that provides low cost, professional complementary therapies and beauty treatments from its therapy room at Hangleton Community Centre. The organisation provides Carers' Card holders over the age of 16 (16 and 17 year olds require parental consent) with discounts on complementary therapy treatments: a £1.25 discount on 30 minute treatments, £2.50 on one hour treatments and £3.75 on treatments that last one and a half hours. So for example, the price for a 30 minute reflexology treatment is £11.25, a one hour massage treatment £17.50. Therapies include massage, reiki and reflexology.

How?

To find out more, or book a treatment, call 07401 191588, or email

[hangletonholistics@gmail.com](mailto:hangletonholistics@gmail.com) Don't forget to take your Carers' Card with you to qualify for the discount.

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## **Outdoor adventure**

Where?

Various outdoor locations in Brighton and Hove

Tel. Joel Evans 07921 808392 [joel@theoutdoorsproject.co.uk](mailto:joel@theoutdoorsproject.co.uk)

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

What?

Outdoor adventure activities for kids up to 12 provided by The Outdoors Project, including weekly boot camps; 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.

## **The Whitehawk Inn**

Where?

Whitehawk Road (next to bus garage), Brighton BN2 5NS Tel. 01273 682222 email

[whitehawkinn@whinn.org.uk](mailto:whitehawkinn@whinn.org.uk) [www.whinn.org.uk](http://www.whinn.org.uk)

What?

In addition to its café, Job Drop Inn and one-to-one careers advice, Whitehawk Inn has a full range of leisure classes for over 16s like yoga and photography, as well as courses designed to improve your IT skills, or boost your confidence or CV. There are already generous discounts if you're on benefits or out of work for example, but if you're not eligible for them, all Carers' Card holders now automatically qualify for Whitehawk Inn's 'EB' (East Brighton) rate, which can mean significant savings on the full price.

How?

Show the Carers' Card when you enrol for a course at Whitehawk Inn.

## **The Bridge Community Education Centre**

Where?

Lucraft Road (next to BACA), Brighton BN2 4PN Tel. 01273 687053 email

[hello@bridgecommunity.org.uk](mailto:hello@bridgecommunity.org.uk) [www.thebridgebrighton.com](http://www.thebridgebrighton.com)

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## What?

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

## How?

Show the Carers' Card when you enrol for a course at The Bridge. Courses with EB discounts are usually open to over 16s or over 18s.

## **Colemans Quality Foods**

### Where?

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

### 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 £4.30 for a main course, 50 pence for a pudding, but Carers' Card holders get a 10% discount.

### How?

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

## **Kamsons Pharmacy**

### 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, 11 Richardson Road, Hove BN3 5RB Tel: 01273 733324

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## What?

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

## How?

Show the card before you pay to trigger the 10% discount. For more info about Kamsons, visit [www.kamsons.co.uk](http://www.kamsons.co.uk)

## Painting Pottery Café

### Where?

31 North Road, Brighton BN1 1YB

Tel. 01273 628952 [www.paintingpotterycafe.co.uk](http://www.paintingpotterycafe.co.uk)

### What?

Release your inner artist, splash some paint on your chosen piece and take your creation home with you at the Painting Pottery Café. Carers' Card holders get half price on the studio fee, paying £2.50 instead of £5. You then pay for your chosen piece (prices start at £4). Card holders also get a 10% discount at the café's pottery courses. The discounts apply every day of the week, with the exception of Saturday.

### How?

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

## Yoga Haven Brighton

### Where?

Yoga Haven, Kendal House, Donkey Mews, Brunswick St. East, Hove, Brighton, BN3 1AW.

### What?

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

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# Your Carers' Card

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holders on Class Cards.

How?

Tel: 01273 329642 [brighton@yogahaven.co.uk](mailto: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.

## **The Academies**

Where?

Brighton College, Eastern Road, Brighton BN2 0AL (Perform Academies and Language Academies)

Brighton College, New Ground, East Brighton Park, Brighton Bn2 5PB (May half term and summer holidays)

Tel. 0844 335 8217 Email [paul@sportacademies.com](mailto:paul@sportacademies.com) [www.theacademies.co.uk](http://www.theacademies.co.uk)

What?

Join in the fun at The Academies at Brighton College during the school holidays – and get a whopping 50% discount! The Academies runs safe, active, inspirational school holiday camps for 6-13 year olds at the fabulous Brighton College. Choose from Perform Academies for budding actors, Sport Academies for aspiring Olympic and Paralympic stars and Language Academies for little linguists. Compass Card holders get a 10% discount off the standard price. Check The Academies website at [www.theacademies.co.uk](http://www.theacademies.co.uk) for dates and details.

How?

Call 0844 335 8217 and quote 'Carers' Card' to book. Then take the card with you on the day to prove eligibility. Hurry, places are limited!

## **Portslade Sports Centre**

Where?

Portslade Aldridge Community Academy (PACA), Chalky Road, Portslade, East Sussex, BN41 2WS

01273 411100 [www.paca.uk.com/community/sports-centre/](http://www.paca.uk.com/community/sports-centre/)

What?

Carers' Card holders over the age of 16 get discounted membership on gym use at Portslade Sports Centre (£24 pcm). First though you'll need to pay for an induction (£10 for a group, £16 for an individual). During the induction, gym staff show you how to use the equipment and let you try it out.

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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.

## **Brighton & Hove Radio Cabs (offer valid from 1 April 2013)**

Where?

24 hour Brighton, Hove and Adur-based taxi service for transport across the city and beyond

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

[www.brightontaxis.com](http://www.brightontaxis.com) Or Apple App Store search 'BN TAXI'/Google Play Search 'Brighton Taxi'

What?

Brighton & Hove Radio Cabs is one of the city's longest-established taxi companies. You can book your taxi online, by 'phone or via the new Radio Cabs App using your iPhone or Android 'phone. The company provides 'phone and online bookings for journeys around the area, as well as transfers to airports and seaports. A large range of vehicles is available, including wheelchair accessible vehicles and multi seaters for up to eight passengers.

How?

There's a 10% discount on metered journeys where a Carers' Card holder is present. When you call to make a booking, make sure you say it's a Carers' Card booking. If you flag down a Brighton & Hove Radio Cab on the street, show the Carers' Card as you get in the cab, so the driver knows you're eligible for the 10% discount. If you make a booking using an app, you should mention you're a Carers' Card holder in the 'notes' section. If you book online through the Radio Cabs website, mention the Carers' Card in your booking message. You will need to show the card when you get in the cab to verify the discount.

## **Paradise Park**

Where?

Avis Road, Newhaven, East Sussex BN9 0DH

Tel. 01273 512123

What?

Part theme park, part gardens, this quirky destination combines life-size moving dinosaurs and collections of fossils, minerals and crystals with themed gardens, water features, lakes and indoor and outdoor play areas. There's also a garden centre with a café overlooking

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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.

## **Brighton Natural Health Centre**

Where?

27 Regent Street, Brighton BN1 1UL

What?

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

How?

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

## **The Music Doctor (Philip Milburn) – music tuition**

Where?

Ruskin Road, Hove BN3 5HA 07966 536180 [www.lifemusic.org.uk](http://www.lifemusic.org.uk)  
[philip@lifemusic.org.uk](mailto:philip@lifemusic.org.uk)

What?

The Music Doctor has more than 20 years experience in music tuition. Carers' Card holders receive a discount on 1 to 1 music lessons, including singing, guitar, piano, songwriting and musicianship. Open to all levels of experience. Single lesson £20 (20% discount). Course of 5 lessons paid in advance £75 (40% discount). Please get in touch for details of community singing groups.

How?

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

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