



NEW  
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## your compass card

A free leisure incentive card for children with additional needs

the where... the what... and the how...  
swimming, gyms, cinemas, libraries, theatres and more

# contents

<b>Your Compass Card</b> (terms & conditions)	<b>4</b>
---	----------

## Leisure – general

<b>The Academies</b> (school holiday schemes)	<b>5</b>
<b>Brighton Bowlplex</b>	<b>6</b>
<b>Brighton Wheel</b>	<b>6</b>
<b>Cinemas</b>	<b>7</b>
<b>Farms</b>	<b>8-9</b>
<b>Forest View Holiday Home</b>	<b>10</b>
<b>Libraries</b>	<b>11</b>
<b>Paradise Park</b>	<b>12</b>
<b>The Royal Pavilion &amp; Museums</b>	<b>13</b>
<b>Sea Life Brighton</b>	<b>14</b>
<b>Soft play</b>	<b>14-15</b>

## Transport

<b>Big Lemon</b>	<b>16</b>
<b>Brighton &amp; Hove Radio Cabs</b>	<b>17</b>

## Entertainment

<b>Brighton Dome &amp; Brighton Festival</b>	<b>18</b>
<b>Komedia Brighton</b>	<b>19</b>

<b>Theatre Royal Brighton</b>	<b>20</b>
-------------------------------	-----------

<b>TOM (The Old Market)</b>	<b>21</b>
-----------------------------	-----------

## Health and fitness

<b>Climbing</b> (High Sports)	<b>22</b>
<b>Fitness sessions for 12-15s</b>	<b>23</b>
<b>Gym sessions for 16-19s</b>	<b>24</b>
<b>Swimming</b>	<b>25</b>
<b>Tennis courts and bowling greens</b>	<b>26</b>
<b>Yellowwave beach sports venue</b>	<b>27</b>

## Wellbeing

<b>City Revival</b>	
(hair, beauty, complementary therapies)	<b>28</b>
<b>Natasha Nice</b> (mobile hairdressing)	<b>28</b>

## Eating out

<b>The Gallery at City College</b>	<b>29</b>
<b>Yellowwave beach sports venue</b>	<b>29</b>

<b>and also...</b>	<b>30-31</b>
--------------------	--------------

The Compass Card is managed by Amaze with funding from Brighton & Hove Children's services

# Your Compass Card

## Terms and conditions

- 1.The Compass Card is valid for two years, or up until your child’s 20th birthday if that is less than two years from the card issue date. Amaze will remind you to renew the card the month before it expires and ask you to update the information we hold about your child on the Compass database. Once that’s done, we’ll issue you with a new card.
- 2.The ‘Compass Card holder’ referred to in this booklet is the child or young person with disabilities or additional needs. The card can’t be used by parent carers unless the Compass Card holder is present.
- 3.If the Compass Card is lost, send a cheque for £5, made payable to ‘Amaze Brighton’, to Amaze at Community Base, 113 Queens Road, Brighton BN1 3XG and include your child’s name and your address and ‘phone number. We’ll cancel the original card and issue a replacement.
- 4.This guide can’t list the scores of last-minute, ad hoc and free offers for Compass Card holders. Our weekly e-bulletin, Compass Team News, is the best way to keep up to date - so if you have one, we need a current email address for you so you don’t miss out. We currently give away around 400 free tickets to Compass Card families every year through the e-bulletin, as well as providing news and information about the things that matter to you.
- 5.Let Amaze know if you change your postal address, email address or ‘phone number! That way we can remind you when your card needs renewing and keep you up-to-date with our latest offers.
- 6.Card holders need to follow the rules at Compass Card venues and stick to the terms and conditions of the card. Although this happens rarely, Amaze reserves the right to withdraw the Compass Card if necessary.

**Please note:** Amaze wants to offer as many benefits to Compass Card holders as possible, but this doesn’t mean we’re giving our recommendation. We assume you will make your own decisions about whether Compass Card offers are appropriate for your child and whether leisure providers have suitable health and safety and child protection measures in place. Compass Card offers are subject to change and added to regularly. Check the latest offers on the Amaze website (click Compass Card link), or keep in touch via our e-bulletin, Compass Team News.

For more information, or if you experience problems using your card:

call the Amaze helpline on **01273 772289**  
 email: **compass@amazebrighton.org.uk** or visit the Amaze website at:  
**www.amazebrighton.org.uk**

# 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**  
**www.theacademies.co.uk**

## What?

Join in the fun at The Academies at Brighton College during the school holidays! 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** for dates and details.

## How?

Call **0844 335 8217** and quote ‘Compass’ to book. Then take the card with you on the day to prove eligibility. Hurry, places are limited!



# Brighton Bowlplex

Where?

Park Square, Brighton Marina Village, Brighton BN2 5UT  
Tel. **01273 818180** [www.bowlplex.co.uk](http://www.bowlplex.co.uk)

What?

Ten-pin bowling at an award-winning centre with 26 computerised bowling lanes.

The Compass Card holder and up to three others pay £2.50 per person, per game Monday-Friday from 10am-6pm during term time. At other times, including school holidays and bank holidays, the Compass Card holder and up to three others pay £3.50 per person, per game. 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.

There's free parking for all Brighton Bowlplex users in the multi-storey car park opposite the centre.

How?

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

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

# Brighton Wheel

Where?

Dalton's Bastion, Madeira Drive, Brighton BN2 1TB  
Tel. **01273 722 822**  
[www.brightonwheel.com](http://www.brightonwheel.com)

What?

Get a truly bird's eye view of the Sussex coastline! Compass Card holders automatically get the 'disabled person's discount' which gives £1.50 off standard ticket prices. An accompanying carer also gets a half price ticket.

**How?** Show the Compass Card when you pay

# Cinemas

General film screenings (plus live performances & screenings at The Duke of York's. For autism-friendly screenings, see Compass Card Activity booklet)

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](http://www.picturehouses.co.uk)

Odeon Brighton, Kingswest, West Street, Brighton BN1 2RE  
Tel. **0871 22 44 007** (filmline) [www.odeon.co.uk](http://www.odeon.co.uk)

What?

One carer gets a free ticket, while Compass Card holders pay standard rates.

At the Duke of York's and the Duke's at Komedia, Compass Card holders over 15 who don't want to go with a parent carer, pay the standard rate, but can get a free ticket for one friend.

How?

Show the Compass Card at the cinema box office.

At The Duke of York's or the Duke's at Komedia, you can book tickets in advance by calling the cinema's booking line **0871 902 5728** (you'll need to mention the Compass Card) - or by visiting [www.picturehouses.co.uk](http://www.picturehouses.co.uk) Or you can pay on the day.

At the Odeon, all purchases have to be in person if you want Compass Card benefits, so you may want to buy in advance if you think a film could sell out before a screening.

PLEASE NOTE: Anyone who receives Disability Living Allowance (DLA), Personal Independence Payment (PIP) 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.

# Farms

## Where?

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

Stoneywish Nature Reserve, Spatham Lane, Ditchling, East Sussex BN6 8XH  
Tel. **01273 843498** [www.stoneywish.com](http://www.stoneywish.com)

Washbrooks Family Farm, Brighton Road, Hurstpierpoint, West Sussex  
BN6 9EF  
Tel. **01273 832201** [www.washbrooks.co.uk](http://www.washbrooks.co.uk)

## What?

### Spring Barn Farm Park

Loads to do at this great family destination – including seasonal events, indoor and outdoor play areas, giant jumping pillow, pedal go-karts, the maize maze from late July and lambs, pigs, chickens, rabbits, goats, donkeys and ponies. The Farmhouse Kitchen serves up a range of hot and cold dishes and there are picnic areas if you want to bring your own food.

Compass Card holders and one parent/carer (over the age of 16) get discounted entry to Spring Barn Farm Park (£5.50 each in High Season, £4.50 in Low Season). No charge for under 2s.

### Stoneywish Nature Reserve

A little piece of heaven in 50 acres of traditional Sussex countryside. Farm animals – goats, sheep, pigs, cows, chickens – space to run and play, exhibitions and some hungry fish to feed! There's a path round Stoneywish described as suitable for wheelchairs and pushchairs. Snacks are available, but for a full meal, bring a picnic.

50 pence discount for Compass Card holders (so £3 for a child over 3, £4 for over 14s) and one parent carer goes free. No charge for under 3s.

If you want to book a party at Stoneywish, you can hire the party room and garden for £12 per hour and Compass Card holders get a discount of 20% off entrance to the nature reserve as long as the booking's for 15 or more children and adults (so entrance's £2.80 for children, £3.60 for over 14s). Parent carers accompanying Compass Card holders go free.

## Washbrooks Family Farm

Friendly family farm overlooking the South Downs in the village of Hurstpierpoint. Lots of farm animals - sheep, cows, pigs, ducks, goats and big shire horses and lots more. Also two acre outdoor play area with a range of equipment including jumping pillow, trampolines and zip wire and an indoor play area for wet days, plus party rooms and a family-friendly tea room serving home cooked food.

50 pence discount for Compass Card holders (so £5 for under 15s, £6.00 for over 15s) and one parent carer goes free. Under 3s are free. Parent carers accompanying Compass Card holders to parties at Washbrooks go free.

## How?

Show your Compass Card at the entrance.

For party bookings at Stoneywish, call the number above to book and make it clear the booking's for a Compass Card holder if you want discounted entrance to the nature reserve.





# Forest View Holiday Home

**Where?**

Shorefield Country Park, Shorefield Road, Milford-on-Sea,  
Hampshire SO41 0LH  
Tel. **01273 295530** email **forestview@brighton-hove.gov.uk**

**What?**

Forest View is a fully accessible holiday home for disabled children, young people and adults in Brighton and Hove and their families and it's managed by Brighton & Hove City Council's Children's Disability & Development Services. A Pemberton Sovereign static caravan, Forest View is in the New Forest in Shorefield Country Park. It's close to the village of Milford-on-Sea and within walking distance of the beach. The holiday home has twin rooms and a pull out bed and can sleep up to six people. It has TV and DVD player, central heating, cooker, microwave and fridge freezer, as well as mechanical bed, mobile hoist, mobile shower chair and security and safety features. Shorefield Park offers a full range of facilities, including indoor pool, outdoor pool in the summer, a nature centre that offers activities like abseiling and archery, eateries, supermarket, laundry, sports facilities, spa and enclosed play areas. Compass Card families get a 10% discount on Forest View prices. Costs (with Compass Card discount) range from £99 for an off-peak short break (Friday 4pm to Monday 10am or Monday 4.00pm to Friday 10am), to £427.50 for a week during the summer holidays.

**How?**

You will be asked to provide your child's Compass Card number (on the back of the card) or to show the Compass Card during the booking process.



# Libraries (free CD/DVD/audio book hire)

**Where?**

All Brighton and Hove Council libraries – Tel. **01273 290800** for a full list or visit **[www.citylibraries.info](http://www.citylibraries.info)**

**What?**

All libraries in the city lend DVDs and audio books, as well as books. Jubilee, Hove, Coldean, Patcham, Portslade, Saltdean and Woodingdean libraries also lend CDs.

There's normally a charge for borrowing CDs, DVDs and audio books, but Compass Card holders borrow them for free.

If you use a library that doesn't have CDs, or if the library doesn't stock the DVD, CD or audio book you're looking for, you can make a reservation and have it sent from another city library (there's no reservation fee for Compass Card holders).

You can borrow up to four DVDs and four CDs a week if you've got a full library membership card. Audio books, like printed books, are lent for up to three weeks at a time.

Compass Card holders will need to be a member of the library service before they can take advantage of the offer and can join at any age and at any city library. All library members can borrow books free, use free internet access and take advantage of free activities and information services.

Ask at your nearest library for details, visit the city library web site, or call the number above.

And don't forget, if your child is aged 9 to 19, library homework clubs and study support sessions welcome children and young people with additional needs. Ask at your local library for details, or call the number above.

**How?**

Show your Compass Card to a member of staff at the counter the first time you borrow a CD, DVD or audio book.

Once the library service has registered your child as a Compass Card holder, you can check their items out normally with their library card and you won't be charged.

If you renew the Compass Card, you'll also need to renew the free offer at the city's libraries. Show the new Compass Card to staff and your child will be re-registered.

# Paradise Park

**Where?**

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

**www.paradisepark.co.uk**

**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! Compass Card holders and up to five other family members get half price entry at Paradise Park.

**How?**

Show the Compass Card when you pay.



# The Royal Pavilion & Museums

**Where?**

Brighton Museum & Art Gallery, Royal Pavilion Gardens, Brighton BN1 1EE  
Tel. **03000 290900** **www.brighton-hove-rpml.org.uk**

The Royal Pavilion, 4/5 Pavilion Buildings, Brighton BN1 1EE  
Tel. **03000 290900** **www.brighton-hove-rpml.org.uk**

Preston Manor, Preston Drove, Brighton BN1 6SD  
(closed from 1 October to 31 March)  
Tel. **03000 290900** **www.brighton-hove-rpml.org.uk**

**What?**

Brighton and 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, but there are entrance fees for the Royal Pavilion and Preston Manor and some exhibitions at Brighton Museum & Art Gallery and showing the Compass Card will ensure you get the best deal.

Children up to the age of 15 who live in the city already get free entrance to the Royal Pavilion and Preston Manor and to paid-for exhibitions at Brighton Museum & Art Gallery if they visit with an adult who also lives in Brighton and Hove. Carers of visitors with disabilities get in free too. However, showing the Compass Card also means 16-19 year olds get free entrance, and it ensures the accompanying adult is seen as a carer even if your child's special needs are not obvious.

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 Compass Card when you pay.

# Sea Life Brighton

**Where?**

Sea Life Brighton, Marine Parade, Brighton BN2 1TB  
Tel. **0871 423 2110** [www.sealife.co.uk](http://www.sealife.co.uk)

**What?**

Let Sea Life Brighton take you on a fascinating journey from the coastline to the depths of the ocean. Discover a magical underwater world filled with a dazzling array of amazing creatures. Every step will reveal something new, from a face to face encounter with sharks, to a hands-on rock pool experience. Compass Card holders get the flat rate of £12 (full price £17.50) and one carer goes free. Under 3s also go free.

For information on group discounts, call **08712 226934**.

**How?**

Show your Compass 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](http://www.funplex.co.uk)

Monkey Bizness, Unit 27, Cliffe Industrial Estate, Lewes BN8 6JL  
Tel. **01273 311560** [www.monkey-bizness.co.uk](http://www.monkey-bizness.co.uk)

Toddlers' Gym, Sussex Central YMCA Y Centre, 17 Marmion Road, Hove BN3 5FS  
Tel. **01273 731724**

Westows World of Play, School Road, Hove BN3 5HX  
Tel. **01273 721338** [www.westows.com](http://www.westows.com)

**What?**

**Funplex** – play centre with three level play frame including four lane Astraslide, softball cannon area and maze with spiral slide. There's also a two level play frame for toddlers with slide, ball pool, baby area and Wow softplay zone. Compass Card holders get £1 off, adults and non-walking babies go free - so with discount, under fours pay £4.45/£2.95 (peak/off-peak), over fours pay £4.95/£3.75 (peak/off-peak).

**Monkey Bizness** – modern, open plan centre with areas for 0-2s, 2-5s and 5-12s, plus TV viewing, free wifi and magazines for the grown-ups and a healthy restaurant for the whole family. Compass Card holders go half price, so 1-3s pay £2.50/£3 (off-peak/peak), 4s and over £3/£3.50 (off-peak/peak). Adults pay £1.25.

**Toddlers' Gym** – friendly soft play sessions for toddlers in a small sports hall. Compass Card rate is discounted by 25% at £3 per family. Carers go free and there's free coffee and tea. Sessions are 9.30am till noon on Mondays, Wednesdays and Fridays (term-time September to June only).

**Westow's** – play centre with separate play area for under threes, main play area for children up to 4ft 10ins, astroturf pitches and bouncy castle. £1.50 off for Compass 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 goers pay £7.25) and to the monthly special needs session, which is on the first Friday of the month (but do check) 6.30pm to 8pm.

**How?**

Show the Compass Card when you pay.





# Big Lemon buses

## Where?

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

## What?

The Big Lemon runs on bio-diesel from locally sourced waste cooking oil and operates service 52 six days a week. For bus information, visit **[www.thebiglemon.com/52](http://www.thebiglemon.com/52)** or call **01273 681681**.

## How?

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



# Brighton & Hove Radio Cabs

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

# Brighton Dome & Brighton Festival

## Where?

Brighton Dome & Brighton 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**

For details on accessibility, visit **www.brightondome.org/Access** or call Visitor Services Department on **01273 261516** or **261525**

## What?

Special offers on selected shows (often at short notice) at the most stylish entertainment venue in the south - Brighton Dome: Concert Hall, Corn Exchange and Studio Theatre. Shows include music, theatre, dance, comedy, family-friendly and performance.

You can get a free carer's ticket at Brighton Dome, whether there's a special offer or not, if the Compass Card holder needs your support. These tickets are available over the 'phone on **01273 709709**, or in person at the Ticket Office.

## How?

Often, Amaze won't know what offers are available until the last minute. We'll need your email address if you have one, so we can tell you about offers as they come in - call the Amaze helpline on **01273 772289**, or email us at **compass@amazebrighton.org.uk** and give yours and the Compass Card holder's full name, postal address and email details.

If you don't use email, call the helpline for updates, or check the Amaze website at **www.amazebrighton.org.uk** (click Compass Card link).

Once we've given you information about an offer, you'll be able to book your tickets in person at the Ticket Office (open Monday - Saturday 10am - 6pm), or over the 'phone. If you pay cash at the Ticket Office, you avoid a booking fee. If you pay over the 'phone, there's a £2.25 charge.

PLEASE NOTE, you'll need to show your Compass Card when you pick up your tickets.

# Komedia Brighton

## Where?

Komedia Brighton, 44-47 Gardner St, Brighton BN1 1UN

Tel. **0845 293 8480** (box office - booking fee payable)

**www.komedia.co.uk/brighton**

## What?

Special offers on selected shows (often at short notice) at what's described as 'the most exciting live entertainment venue in the south'. Shows include comedy, music and cabaret.

You can get a free carer's ticket at Komedia, whether there's a special offer or not, if the Compass Card holder needs your support. These tickets are available over the 'phone on the number above, or in person at the box office.

## How?

Often, Amaze won't know what offers are available until the last minute. We'll need your email address if you have one, so we can tell you about offers as they come in - call the Amaze helpline on **01273 772289**, or mail us at **compass@amazebrighton.org.uk** and give yours and the Compass Card holder's full name, postal address and email details.

If you don't use email, call the helpline for updates, or check the Amaze website at **www.amazebrighton.org.uk** (click Compass Card link).

Once we've given you information about an offer, you'll be able to book your tickets in person at the venue box office. Tickets are available at the Duke's at Komedia café at the front of the building from 10am till 8pm and the Komedia box office is open from 6pm on evenings when there's a show taking place. Or you can book over the 'phone on the number above (Monday - Sunday from 12 noon). If you pay cash at the box office, you won't pay a booking fee. Otherwise, there's a 50 pence booking fee on each ticket. If you pay by card over the 'phone, there's usually a £1.50 booking fee per ticket, but Compass Card holders pay a reduced rate of 50 pence per ticket.

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

# Theatre Royal Brighton

## Where?

Theatre Royal Brighton, New Road, Brighton BN1 1SD  
Tel. **0844 871 7650**; access booking line **0844 871 7677**; group booking line **0844 871 7617** (box office, booking fee payable)  
**www.atgtickets.com**

## What?

Special offers on selected shows (often at short notice) on selected family shows at one of the oldest working theatres in the UK. Performances include West End and touring productions from across the country.

## General ticket bookings

- If you're booking a ticket for a Compass Card holder and you need to sit in a particular part of the theatre because of their additional needs, you'll pay the lowest price for their ticket, even if you need to sit in a more expensive area.
- If you show the Compass Card at the time of booking, you can request a free carer's ticket – but make sure you ask: it isn't automatic. There may be occasions when this offer is capped at peak times.

## How?

Often, Amaze won't know what offers are available until the last minute. We'll need your email address if you have one, so we can tell you about offers as they come in - call the Amaze helpline on **01273 772289**, or mail us at **compass@amazebrighton.org.uk** and give yours and the Compass Card holder's full name, postal address and email details.

If you don't use email, call the helpline for updates, or check the Amaze website at **www.amazebrighton.org.uk** (click Compass Card link).

Once we've given you information about an offer, you'll be able to book your tickets in person at the theatre box office, or (if you don't mind paying additional fees) over the 'phone on **0844 871 7650** (or **0844 871 7677** if you have access needs). It may be possible to book online for some offers, but booking fees are higher. You don't usually need to show your Compass Card when you pick up your tickets, but you may be asked to bring it if you haven't booked with the theatre before.

# 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**

## What?

Special offers on selected shows (often at short notice) from the vibrant programme at Hove's premium live performance venue. You can get a free carer's ticket at TOM, if the Compass Card holder needs your support - whether there's a special offer or not. Subject to availability, these tickets are available online at **www.theoldmarket.com**, over the 'phone on the number above, or in person at the box office.

## How?

Often, Amaze won't know what offers are available until the last minute. We'll need your email address if you have one, so we can tell you about offers as they come in - call the Amaze helpline on **01273 772289**, or mail us at **compass@amazebrighton.org.uk** and give yours and the Compass Card holder's full name, postal address and email details.

If you don't use email, call the helpline for updates, or check the Amaze website at **www.amazebrighton.org.uk** (click Compass Card link).

Once we've given you information about an offer, you'll be able to book your tickets in person at the box office (open Monday to Friday 1 till 5pm) or over the 'phone on the number above (10am to 6pm). If you pay cash at the box office, you won't pay a booking fee.

Please note, you'll need to show your Compass Card at the performance to validate your discount.

## Fitness sessions for 12-15s

### Where?

King Alfred Leisure Centre, Kingsway, Hove BN3 2WW  
Tel. **01273 290290** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Moulsecoomb Community Leisure Centre, Moulsecoomb Way,  
Brighton BN2 4PB Tel. **01273 622266** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Prince Regent Swimming Complex, Church Street, Brighton BN1 1YA  
Tel. **01273 685692** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Stanley Deason Leisure Centre, Wilson Avenue, Brighton BN2 5PB  
Tel. **01273 694281** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Withdean Sports Complex, Tongdean Lane, Brighton BN1 5JD  
Tel. **01273 553915** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

**What?** Compass Card holders can attend 'Junior Health & Fitness' sessions free of charge. But you'll need to book and pay £20.50 for an induction first (£21 at Withdean), so staff can 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.

The sessions at King Alfred are 4 till 5pm Mondays to Thursdays and 11am till 2pm on Saturdays; sessions at Moulsecoomb are 4pm till 6pm Mondays, Wednesdays and Fridays, 2pm till 3pm on Sundays; sessions at Prince Regent are from 12 noon till 3pm on Saturdays and Sundays and 12 noon till 3pm during school holidays; sessions at Stanley Deason are Tuesdays and Thursdays 4.30pm till 6pm. Withdean has a full range of sessions for 12-15s: Group Gym Sessions 4-4.45pm Mondays, Wednesdays and Fridays and 12.30-1.15pm Saturdays; Group Synergy Sessions 4-4.45pm Tuesdays and Thursdays and Sundays 12.30-1.15pm; unsupervised gym use Saturday and Sunday 12 noon - 3pm; Myride Sunday 11.30am-12 noon; and Boxercise Wednesdays 4-4.45pm.

**How?** Book and pay for the induction in advance - either in person or over the 'phone - and make it clear the booking's for a Compass Card holder. There's a form to fill out before the induction. It covers things like health and safety and the parent carer needs to sign it. After the induction, just show your card at the desk when you visit.

Withdean general sessions for 12-15s - Group Synergy, Myride, Boxercise - book in advance and make it clear the booking's for a Compass Card holder.

## 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](http://www.high-sports.co.uk)

### What?

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

### How?

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





# Gym sessions for 16-19s

## Where?

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

King Alfred Leisure Centre, Kingsway, Hove BN3 2WW  
Tel. **01273 290290** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Moulsecoomb Community Leisure Centre, Moulsecoomb Way,  
Brighton BN2 4PB Tel. **01273 622266** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Portslade Sports Centre, Portslade Aldridge Community Academy (PACA),  
Chalky Road, Portslade, East Sussex, BN41 2WS  
Tel. **01273 411100** [www.paca.uk.com/community/sports-centre](http://www.paca.uk.com/community/sports-centre)

Prince Regent Swimming Complex, Church Street, Brighton BN1 1YA  
Tel. **01273 685692** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Stanley Deason Leisure Centre, Wilson Avenue, Brighton BN2 5PB  
Tel. **01273 694281** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

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

Withdean Sports Complex, Tongdean Lane, Brighton BN1 5JD  
Tel. **01273 553915** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

**What?** Compass Card holders aged 16 to 19 can use the gyms free – but first you'll need to book and pay £10 for an induction at The Deans, £11 at Sussexsport, £16 at Portslade, £20.50 at King Alfred, Moulsecoomb, Prince Regent, Stanley Deason, or £21 at Withdean. During the induction, staff show card holders how to use the equipment and let them try it out.

At The Deans, Portslade Sports Centre and Sussexsport, one adult (over 18) accompanying the card holder can use the gym at a reduced rate - £3.50 at The Deans, £3.50 at Portslade and £3.60 at Sussexsport.

## How?

Book and pay for the induction in advance – either in person or over the 'phone – and make it clear the booking's for a Compass Card holder.

There's a form to fill out before the induction. It covers things like health and safety and the parent carer needs to sign it. After the induction, just show your card at the desk when you visit.

# Swimming

## Where?

King Alfred Leisure Centre, Kingsway, Hove BN3 2WW  
Tel. **01273 290290** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Prince Regent Swimming Complex, Church Street, Brighton BN1 1YA  
Tel. **01273 685692** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

St. Luke's Swimming Pool, St. Luke's Terrace, Brighton BN2 9ZE  
Tel. **01273 602385** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

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

## What?

At the three Brighton and Hove pools, the Compass Card holder, one carer and up to three others go free. If older card holders prefer to go without their carer, they and one friend go free.

At The Triangle, there's a discount for the Compass Card holder and a carer or a friend goes free. The facility has 'Aztec Fun Pools' with flumes, beach area and outdoor heated pool (summer time only) and a traditional 25 metre 'fitness/competition pool'. Card holders pay £3.15 to use all the pools at The Triangle, or £1.25 if they just want to use the 25 metre pool.

Compass Card holders can use their cards once a day. You're subject to the usual pool rules. Remember too that under eights must be accompanied in the water at all times by a responsible adult.

## How?

At King Alfred, you hand the Compass Card to staff at the ticket office, then collect it on the way out.

At Prince Regent, the card is only retained if the card-holder isn't with a parent carer so, for example, if a young person goes with a friend, the card's handed in at the ticket office and collected on the way out.

At St. Luke's Swimming Pool or The Triangle, just show your Compass Card when you pay.

# Tennis Courts & Bowling greens

## Where?

Brighton & Hove city parks. Call **01273 292704** for general information, or visit **www.brighton-hove.gov.uk**

## What?

18 and 19 year old Compass Card holders get a concessionary rate if they want to use a tennis court or bowling green in one of the city's parks.

Tennis: The hourly concessionary rate for a tennis court is £3.30 (weekdays before 5pm) or £6.80 (weekdays after 5pm and weekends) Under 18s pay the standard junior rate of £1.90 (weekdays before 5pm) or £3.75 (weekdays after 5pm and weekends). Tennis courts are free for all to use before 10am. Courts are usually open from dawn till dusk and season tickets are available at some sites. There are tennis courts at Dyke Road Park, Hollingbury Park, Hove Park, Kingsway, Preston Park, Queen's Park and St Ann's Well Gardens.

Bowling: The hourly cost for bowling for 18 and 19 year old Compass Card holders is £1.85. Bowling greens are available for casual use at Kingsway, Preston Park and St. Ann's Well Gardens. Other greens are also available, but checks have to be made with resident clubs first (call number below).

## How?

Pay member of Cityparks staff in the park for tennis court or bowling green hire and show the Compass Card. If you have any booking queries, call the Cityparks Bookings Service on **01273 292704**, or email: **sports.bookings@brighton-hove.gov.uk**



# 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. Compass Card holders get a £5 discount on weekday daytime volleyball court bookings. See page 29 for discount at Yellowwave's Barefoot Café.

**How?** Show the Compass Card when you pay.



# City Revival

(formerly City College Hair & Beauty Salon)

## Where?

10th Floor, Pelham Tower, Brighton BN1 4FA (main entrance on Pelham St)  
Tel. **01273 667790** (beauty – including complementary therapies)  
**01273 667736** (hair) **www.ccb.ac.uk**

**What?** One of Brighton and Hove's main educational establishments, City College runs courses in hairdressing, beauty treatments and complementary therapies. Compass Card holders over the age of 16 can book a treatment and get a discount of 20% off standard prices. The college students who provide the treatments are under the supervision of fully qualified professionals. If you're booking hairdressing, you can choose between level 1 or 2 students, and level 3 students who are fully qualified and working in salons. Run as a professional salon, treatments at City Revival include: facials, manicures, waxing, eyelash tinting, massage, reflexology, haircuts, highlights and perms. A really affordable way for young people to treat themselves!

**How?** Book over the 'phone and mention the Compass Card. Remember to bring the card with you when you attend to trigger the 20% discount.

# Natasha Nice mobile professional hairstylist

**Where?** In your own home. Tel. **07810 801531**

**What?** If you find it difficult to get your child to the hairdresser, Natasha Nice can come to you Wednesdays, Thursdays and Fridays from 3pm. Natasha is a fully qualified and London trained mobile professional hairstylist working in and around Brighton and Hove and has experience of children with additional needs. She covers all aspects of hairdressing services – cut, colour, blow-dry and styling. Compass Card holders receive 15% discount on all hairdressing services – so prices start at £8.50.

## How?

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

# The Gallery Restaurant

at City College

## Where?

City College Brighton and Hove, Pelham Street, Brighton, BN1 4FA  
(entrance on Whitecross Street) Tel. **01273 667711** (9am to 4pm)  
**www.ccb.ac.uk**

## What?

Food prepared in a contemporary restaurant by the chefs of tomorrow. Open during term-time, City College students are supervised by culinary professionals to produce superb cuisine. They serve bistro-style lunches Tuesdays to Fridays from midday and dinners Thursday evenings from 6.30pm. Two course lunches usually cost £9.50, three course lunches £11.50 and three courses dinners from £20 – but Compass Card holders get a two for one deal for groups of up to 10. So, for example, if you took a group of eight for a three course meal that's priced at £20 each, you'd pay for four meals and the total bill would come to £80 instead of £160. To book a table, call **01273 667711** (9am to 4pm).

## How?

Show the Compass Card as soon as you arrive at the restaurant.

# 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. Compass Card holders get a 10% discount in the Barefoot Café. See page 27 for Yellowwave volleyball discount.

## How?

Show the Compass Card when you pay.

## and also...

### Making the most of the Compass Card

- Click on the Compass Card link on the Amaze web site ([www.amazebrighton.org.uk](http://www.amazebrighton.org.uk)) to find out about the latest Compass Card offers. We update the site regularly to add ad hoc offers, special last-minute offers from our theatre partners and brand new offers from local leisure providers.
- If you have an email address, sign up for our Compass e-bulletin, Compass Team News. Sent to around 1300 Compass Card families every week (usually on a Thursday), the bulletin is jam-packed with special offers, freebies, information on local services and events and much, much more.
- It's worth showing the Compass Card to all leisure providers, whether they have a Compass Card offer or not, to see if you can get a discount. We've known families use the card as far afield as Florida and Rome! If you get a deal somewhere unexpected, be sure to tell us so we can let other people know (or we may be able to organise an official Compass Card deal). Tel. **01273 772289**, or email [compass@amazebrighton.org.uk](mailto:compass@amazebrighton.org.uk)

### Compass Card Activities

Hopefully you've already seen Amaze's Compass Card Activity (CCA) guide. It's usually distributed with this guide and is packed with classes and activities supported by Amaze that offer a welcoming environment to children and young people with disabilities and special needs. If you want to see the latest information on CCAs, or to see the CCA guide, visit the Amaze website at [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) (click on the Compass Card link), or call the Amaze helpline on **01273 772289** if you want us to post you a copy.

### Amaze

Amaze is a local charity that works with parents of children with additional needs in Brighton and Hove. Our services include: a helpline (call **01273 772289**); one to one support with education issues and Disability Living Allowance (DLA) or Personal Independence Payment (PIP) applications; help with preparing for adulthood for your child; a range of specialist publications and an informative web site; and training and workshops for parents.

### The Carers' Card

Carers need looking after too and Brighton & Hove City Council's Carers' Card provides around 50 local offers to help carers take care of their own health

and wellbeing. Parent carers with children under 18 who have a Compass Card automatically qualify for the free Carers' Card. Call the Integrated Child Development & Disability Team on **01273 295153** or email [carerscard@brighton-hove.gov.uk](mailto:carerscard@brighton-hove.gov.uk) to apply – you'll need to provide the number on the back of the Compass Card and your own name, address and 'phone number. The card will be issued for two years. If your child's over 18, call the Adult Social Care Access Point on **01273 295555** or email [carerscard@brighton-hove.gov.uk](mailto:carerscard@brighton-hove.gov.uk). You'll need to have a Carers' Assessment (if you haven't had one already) and the card will be issued for a year. Young carers aged 8 to 25 can also apply for a Young Carers' Card, which is usually issued through the Young Carers Project at the Carers Centre - call **01273 746222** or email [info@thecarerscentre.org](mailto:info@thecarerscentre.org) for more info.

### Gully's Day Out

Albion in the Community has teamed up with some of Sussex's best loved attractions to provide free days out for disabled children and adults – and families that have a child with a Compass Card automatically qualify. Named after Gully, the Albion's seagull mascot, the 'Gully's Day Out' project offers disabled people the chance to take friends and family for a fun-packed day out. Gully's Day Out has over 30 attractions including Sea Life Brighton; Cineworld Brighton Marina and Eastbourne; Brighton and Hove Albion Football Club Stadium Tours and Match Day Tickets; Butlins Bognor Regis; and Brighton Pier. To find out more, contact the Gully's Day Out Team by emailing [GullysDayOut@albioninthecommunity.org.uk](mailto:GullysDayOut@albioninthecommunity.org.uk) or by calling **01273 668590** or **07823 884311**.

### City Leisure Card

Brighton & Hove Council has a Leisure Card for students who have an NUS Extra Card and for residents who receive Job Seekers Allowance (Income Based); Employment and Support Allowance (Income Based); Pension Credit (Guaranteed Credit); Income Support; Disability Living Allowance (DLA) or Personal Independence Payment (PIP); Attendance Allowance; or Child Tax Credit (up to lower limit of £15,910). The card gives a 40% discount on swimming, fitness suite, fitness membership, squash, badminton and table tennis in Freedom Leisure centres in the city (King Alfred, Moulsecoomb Community Leisure Centre, Prince Regent, Stanley Deason, St. Luke's Swimming Pool and Withdean Sports Complex) – and if you're eligible for the card, any children up to the age of 16 you have also benefit. Ask at your local leisure centre for details. To apply for a card, you'll need to show evidence of your identity and proof you're receiving one of the appropriate benefits.