

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:

- is frail or ill
- has a physical disability
- has a learning disability
- has a mental health condition
- has dementia
- has 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@carershub.co.uk (if you are a

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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 & Hove, call the Amaze advice line on 01273 772289

Using your card

If you experience any difficulties in using your Carers' Card or you know a local business that would be willing to offer a Carers' Card discount contact the Compass Team at Amaze on 01273 234020 or email compass@amazesussex.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not mean that we are recommending or endorsing any of these services, groups or organisations featured, which may be withdrawn or removed at any time.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.

Please note: The offers on the Carers' Card are subject to change.

CarerSmart Club for carers across the UK

CarersSmart Club is an online initiative launched by national charity, the Carers Trust. CarersSmart Club could save you money on your energy bills, holidays, travel and health and leisure activities like the gym and cinema. You can save money by getting cash back from products purchased from a number of high street stores. In addition to these savings, CarersSmart members can also access free legal advice and local and online services to support you in your caring role. Join for free by registering at [www.carersmart.org](http://www.carerssmart.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) 02072 947908 (accessibility 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

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 13 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 week later. Carers' Card holders get a half price studio fee. Pottery starts at £15. Most items are between £15 and £25 including mugs, plates, bowls and decorative pieces. The discount applies every day of the week. Check out the website above, or Facebook page for more information.

How? You will need to book in here <https://the-painting-pottery-cafe1.appointedd.com/> and make sure you mention the Carers' Card on the additional information, ensuring you then bring the card with you on the day to validate your discount.

The Royal Pavilion & Museums

Where?

Brighton Museum & Art Gallery, Royal Pavilion Gardens , Brighton BN1 1EE
Tel. 03000 290900 www.brightonmuseums.org.uk/brighton/
The Royal Pavilion, 4/5 Pavilion Buildings , Brighton BN1 1EE
Tel. 03000 290900 www.brightonmuseums.org.uk/royalpavilion/
Preston Manor, Preston Drove, Brighton BN1 6SD (check the website for seasonal opening times)
Tel. 03000 290900 www.brightonmuseums.org.uk/prestonmanor/

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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 over 16 years of age, you can get free entry 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?

You will need to book in advance via either by 'phoning 03000 290900 or emailing info@rpmt.org.uk

Viva Vinyl, Hove

Where?

63 Queen Victoria Ave, Hove BN3 6XA
Tel. 07786 332975 www.viva-vinyl.com

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 over £10 (see page 13 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 Ballet School

Where?

BHASVIC Dance Studio, 205 Dyke Road, Hove BN3 6EG
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. There are classes for all ages and

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abilities and students can progress to British Ballet Organisation exams. *Carers' Card offer:* One class free of charge when booking a course of six.

How?

To claim the Carers' Card discount, send a picture of both sides of the Carers' Card to sonyahutchinson@mac.com. If you would like a pre-class run/meet and greet this will have to be arranged in advance and if you want to stay to support your child you will have to notify the school to enable them to accommodate numbers. See page 30 for Brighton Ballet School Young Carers' Card offer.

Evolution Arts and Natural Health

Where?

17 Tichborne Street, Brighton BN1 1UR 2LR

Tel. 01273 204204 www.evolutionarts.org.uk info@evolutionarts.org.uk

What?

Evolution Arts offers courses and workshops in arts and crafts, dance, health, music and much more, promoting skills in the arts, personal development and healthy living. For details, see the Evolution Arts website. Carers' Card holders get 30% discount on the full price of courses and workshops (places may be limited). Additional special offers on selected courses and workshops are often available at short notice; make sure the Carers Hub has your 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. 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

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ages and all levels of experience. Single lesson £25 per hour; 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 www.bht.org.uk/services/the-whitehawk-inn
whitehawkinn@whinn.org.uk

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, Carers' Card holders automatically qualify for Whitehawk Inn's 'EBPC' (East Brighton Post Code) rate, which can mean significant savings on the full price of some of the courses.

How?

Show the Carers' Card when you enrol for a course that has an EBPC code at Whitehawk Inn. Call if you have queries about courses that are eligible for 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 all shows if you are taking the person you care for and they need your support – whether there's a special offer or not.

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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.

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 via the Brighton Dome Access Scheme 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, by emailing access@brightondome.org 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 647100 (box office – booking fee payable) www.komedia.co.uk/brighton/

What?

Komedia is described as 'the most exciting live entertainment venue in the south'. Shows include comedy, music, family shows and cabaret, as well as the 'Komedia Comedy Club' every Friday & Saturday night and the 'Down The Hatch Comedy Club' on the second Sunday of every month. Carers Card holders receive concessionary price tickets for the

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'Komedia Comedy Club' and the 'Down the Hatch Comedy Club', plus a 20% discount on all food and drink at the bar.

How?

Book your tickets online or on the 'phone on the number above (box office booking line is open Tuesday to Saturday from 12 to 5pm). Mention the Carers Card when you book and make sure you take it with you on the day to validate the discount. When ordering food and drink at the bar just show your Compass Card.

NB. You'll need to show your Carers' Card when you pick up your tickets.

Theatre Royal Brighton

Where?

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

What?

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

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.

The Old Market (TOM)

Where? 11a Upper Market Street, Hove BN3 1AS Tel. 01273 201801.

For access bookings, call 01273 201801 or email boxoffice@theoldmarket.com (Access Lead: Laura Scobie)

What? Compass Card discounts offer 15% off on selected TOM's-tagged 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 PAs/ 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 listed above.

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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.

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 on page 29.

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.

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How?

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

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? You have to book in advance for pay as you go sessions, go to the booking page on the website. Book a concession rate ticket and take your Carers' Card with you on the day to validate the discount. If you are looking for a membership or prepaid visits then buy them at reception and claim the concession rate using your Carers' Card.

Climbing with High Sports

Where?

High Sports climbing centre, Withdean Sports Complex, Tongdean Lane, Brighton BN1 5JD
Tel. 0345 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 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 Sports Centre

Where?

Falmer Road, Brighton BN2 7FR
Tel. 01273 391683 www.longhillsportscentre.co.uk

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What?

Carers' Card holders over the age of 16 get discounted membership on gym use at Longhill Sports Centre (£21.50 pcm). There's a £10 induction fee, which is voluntary. 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, book your visits in advance, checking the website above for any up to date information.

Yellowave Beach Sports Venue

Where?

299 Madeira Drive, Brighton, BN2 1EN
Tel. 01273 672222 www.yellowave.co.uk

What?

Yellowave 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 1 for discount at the Café at Yellowave.

How?

Show the Carers' Card when you pay.

Food and drink

Bird and Blend Tea

Where?

41 Gardner Street, Brighton BN1 1UN
38-39 Kings Road Arches, BN1 2LN
www.birdandblendtea.com

What?

Bird & Blend Tea in the North Laine & seafront is the UK's expert Tea Mixologist and leading the way in developing unique, exciting and creative flavours of tea. The company is steadily growing throughout the UK and has over 100 creative tea flavours using a wide range of blending ingredients including herbs, flowers, fruits, caramels, chocolate, even cake sprinkles! Bird & Blend uses its own blends to mix up all sorts of tea-based drinks from iced teas to tea cocktails using only its own tea, plus fresh healthy ingredients. Carers' Card holders receive a 10% discount on tea and drinks (excluding teaware).

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How?

Show the Carers' Card when you pay.

Café Domenica, Brighton

Where?

5-7 Preston Road, Brighton BN1 4QE
Jubilee Library, Jubilee Street, Brighton BN1 1GE
Hove Library, 188 Church Road, Hove BN3 2DJ
Plus X, Lewes Road, Brighton BN2 4GL
Tel. 01273 681111 www.teamdomenica.com

What? Run by Team Domenica, a social enterprise that supports young people with learning disabilities to find work, Café Domenica provides a training space for people with learning disabilities and serves a range of hot and cold food and beverages, including vegetarian, vegan and gluten-free options. The Preston Road café is open from 8.30am-4.30pm Mon-Fri, the Jubilee Library café opens from 10am-4pm Mon-Sat and 11am-3pm on Sun, the Hove Library café opens from 10am-4pm Mon-Sat, and the Plus X café is open 8am-4pm Mon-Fri. 10% discount for Carers' Card groups.

How? Show the Carers' Card when you pay

Laughing Dog

Where?

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

What?

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

How?

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

Viva Vinyl, Hove

Where?

63 Queen Victoria Ave, Hove BN3 6XA
Tel. 07786 332975 www.vivavinyl.com

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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 of four or more (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.

The Café at Yellowwave

Where?

299 Madeira Drive, Brighton, BN2 1EN
Tel. 01273 672222 www.yellowwave.co.uk

What?

Yellowwave 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 Café at Yellowwave. For volleyball offer, see page 12.

How?

Show the Carers' Card when you pay

Health and wellbeing

About Balance

Where?

20-22 Gloucester Place, Brighton BN1 4AA
Tel: 01273 686882 info@aboutbalance.com www.aboutbalancebrighton.com

What?

About Balance provides a wide variety of therapies, classes and workshops and aims to make wellbeing accessible to everyone. Holistic therapies include yoga, massage, reflexology, reiki, osteopathy, acupuncture, hypnotherapy, floatation therapy and much more. Carers' Card holders can purchase About Balance's 'Karma Card' for £5 per month (usually £10 or £15 per month). The card reduces the price of all classes and therapies; so

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for example a massage would cost £40 instead of £55, while a yoga class would cost £6/£7 instead of £9/£11. In addition Float sessions are half price every Thursday.

How?

To benefit from the Carers' Card discount, please say you are a Carers' Card holder when you make a booking or purchase by 'phone. You will need to show the Carers' Card when you attend About Balance to validate the discount.

Anahata Health Clinic

Where?

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

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, with a huge variety of therapies and treatments to benefit everyone. In addition there is a BeWell members scheme (more info here www.anahatahealth.co.uk/become-a-member/) which is open to anyone, and Carers can be BeWell B members, giving them access to all low cost sessions, for £35 (usual price £50). Carers' Card holders also get a £5 discount on full price therapy and treatment sessions at Anahata.

How?

Call 01273 698687 or email info@anahatahealth.co.uk to book a treatment or find out more.

Bodhisattva Kadampa Meditation Centre

Where?

3 Landsdowne Road, Hove BN3 1DN
Tel. 01273 732917 www.meditateinbrighton.com

What?

A peaceful haven in the city, Bodhisattva KMC offers a variety of Buddhist meditation classes, day courses, and meditation retreats lasting a weekend or longer that are suitable for everyone - both beginners and more experienced meditators. Onsite, there's also a vegetarian World Peace Café, which is open from Tuesday to Friday 11am till 4pm and most Saturdays from 1 to 4pm for cake and drinks (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

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or longer retreats. Card holders also benefit from a free first session at the gentle, themed meditation session, 'Thought for the Week', run by Joanna Sancha at 11am on Tuesdays (Check website for dates). 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?

Use the contact details below to find a local teacher

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 Jeanette on 07500 750240 or email positivepoisebrighton@gmail.com to book a one-to-one session. Remember to take your Carers' Card with you to qualify for the discount.

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

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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 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 15% off single class rates, 10 or 20 class packs and most courses and workshops. Carers' Card holders are also invited to join the centre's weekly low-cost community classes (yoga and qigong) which are priced at £5. BNHC is open with socially distanced classes and most classes are available live-streamed online via Zoom. Visit the website for details www.brightonnaturalhealthcentre.org.uk and keep up to date with online classes by checking out the weekly timetable www.brightonnaturalhealthcentre.org.uk/timetable/

How?

You will need to register for an account by emailing hello@brightonnaturalhealthcentre.org.uk Mention you are a Carers' Card holder and include a photo of your Carers' Card. You need to show your Carers' Card the first time you attend the centre and then re-register on an annual basis.

Brighton Physiotherapy Clinic / Women's Health Brighton

Where?

104 St Georges Road, Brighton BN2 1EA.

20 Tredcroft Road, Hove BN3 6UH.

Tel. 01273 621248 www.brightonphysio.co.uk

www.womenshealthbrighton.co.uk info@brightonphysio.co.uk

What?

Brighton Physiotherapy Clinic is a highly experienced team of dedicated physiotherapists who successfully assess, diagnose and treat a wide range of injuries and conditions. Specialising in physiotherapy, specialist women's health physiotherapy, acupuncture and sports therapy, Carers' Card holders pay £55 for assessments and treatments (normally £60). Some treatments are suitable for children, but all under 16s must be accompanied by an adult.

Your Carers Card

For people who care for someone else

Women's Health Brighton is a specialist service to support women through the physical changes that occur throughout their lifetime. Carers' card holders pay £70 for assessments and treatments (normally £75).

How?

To find out more, or to book a treatment, call 01273 621248. Please mention you have a Carers' Card at the time of booking and bring it with you on the day to trigger 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, instructors and coaches who are dedicated to raising awareness of and facilitating access to different wellbeing approaches. There are dozens of specialists to choose from including psychotherapists, nutritionists, bodyworkers, mindfulness teachers and healers. 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 programme offers Carers' Card holders a 10% discount on monthly wellbeing talks, workshops and courses (or the concessionary rate if there is one, whichever is cheaper), as well as one to one sessions with any of the practitioners listed in the directory.

How?

Hove StressBusters talks, workshops and courses – see the calendar at www.hovestressbusters.co.uk/pages/events/calendar.html and book online, selecting the concessionary ticket at the checkout. If this option isn't available for some events, email info@hovestressbusters.co.uk to book and mention the Carers' Card to receive a discount link or a discounted 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 directly. 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, 90 Beaconsfield Road, Brighton BN1 6DD Tel: 01273 552815

Your Carers Card

For people who care for someone else

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, 74-76 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). Every Kamsons Pharmacy offers a free local prescription delivery service. Kamsons offers a range of services from help quitting smoking to travel vaccinations. A full list of services can be found on the Kamsons Pharmacy website at www.kamsons.co.uk

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 and Worthing

Where?

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

Tel. 01273 667790

Northbrook MET, Broadwater Rd, Worthing BN14 8HJ

Tel. 01903 273444

<https://www.qbmc.ac.uk/college-life/campuses-and-facilities-in-brighton-worthing-and-shoreham/campuses-and-facilities/metro-salon-brighton>

What?

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

Online help and Support

Where?

Out and about

www.brighton-hove.gov.uk/CarersUK

Your Carers Card

For people who care for someone else

What?

Free Carers UK online resources for carers. Brighton & Hove City Council has teamed up with Carers UK to give local carers free access to a wide range of online resources, including an app. These useful resources include:

- Jointly - an app which can be used to help you organise care. The app is designed to make caring a little easier, less stressful and a lot more organised by making communication between those that share the care as easy as a text message. Jointly can be accessed via a smartphone, laptop, iPad, tablet or desktop PC.
- 'About Me' an eLearning course which can help prevent caring responsibilities from overwhelming you.
- A range of publications and information.

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 it 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 www.sundialclinics.co.uk

Sundial Kemp Town, 52 St. James's Street, Brighton BN2 1QG

Tel. 01273 696414 www.sundialclinics.co.uk

What?

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

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.

Your Carers Card

For people who care for someone else

The Unity Project

Where?

The Unity Centre, The Old Turkish Baths, 35 Friars Walk, Lewes BN7 2LG.

Tel. 01273 778400 www.being-in-unity.com/

What?

The Unity Centre is a lovingly renovated, landmark spa and studio in the heart of Lewes. In beautiful surroundings, our friendly Unity team offers restorative floats, saunas, massage therapies, facials and other treatments, together with classes and workshops in yoga, Pilates, dance and more. Carers Card holders receive a 10% discount off floats, saunas, massages and 5 & 12 class cards. Please note the discount does not include single classes.

How?

Show your Carers Card when you arrive.

Household

Closs & Hamblin

Where?

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

Tel. 01273 321959 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

Your Carers Card

For people who care for someone else

What?

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

How?

Visit: www.brighton-hove.gov.uk/carelinkplus

Email: CareLinkplus@brighton-hove.gov.uk

Call: 0300 123 3301

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 – Employment Law and Community Care Law Solicitors

Renaissance Legal – Wills, Trusts and Power Of Attorney

Where?

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

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

Renaissance Legal, Pacific House, 126 Dyke Road, Brighton BN1 3TE

Your Carers Card

For people who care for someone else

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 on employment law such as provision of contracts and handbooks and employing /managing PAs. Martin Searle Solicitors also offer advice on community care law issues such as paying for care, care planning, transition from children's to adult social care services, safeguarding adults at risk, Court of Protection litigation, 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 people. The firm says it has built its reputation on understanding the needs of parents and carers, all of whom are dealing with complex and challenging lives. Renaissance Legal can help protect the wellbeing of a dependent child or family member during their lifetime and after you have gone, using Wills, Trusts, Powers of Attorney and Court of Protection applications. The firm can also help with benefits applications and appeals.

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 seven bus service routes in the Brighton & Hove area:

Mondays to Saturdays

Route 16 – Portslade Station, Knoll Estate, Hove Poly Clinic, Hangleton, Kings School, Portslade Health Centre.

Route 16b - Portslade Station, Knoll Estate, Hove Poly Clinic, Hangleton, Kings School, Mile Oak, Portslade Health Centre.

Route 52 – Woodingdean, Ovingdean, County Hospital, Old Steine, London Road, Fiveways, Hollingbury, Asda, Patcham

Route 52a - Woodingdean, Ovingdean, County Hospital, Old Steine, Brighton Station, Blatchington Mill School, Hove Park School, Kings School

Route 47a – East Saltdean, Rottingdean, County Hospital, Old Steine, Brighton Station, Blatchington Mill School, Hove Park School, Kings School

Your Carers Card

For people who care for someone else

Route 47 – West Hove Sainsbury's, Hangleton, Knoll Estate, Brighton Station, Old Steine, County Hospital, Marina, Rottingdean, Saltdean

Route 57 – Brighton Station, County Hospital, Marina, Ovingdean, Rottingdean, Saltdean

What?

The Big Lemon runs 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.

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 & 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 27.

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. For the latest information regarding the Covid-19 pandemic visit this website; www.buses.co.uk/coronavirus

Your Carers Card

For people who care for someone else

Brighton & Hove Radio Cabs – covering Brighton & Hove and Adur

Where?

24 hour Brighton & Hove and Adur based taxi service

Tel. 01273 20 40 60

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 around 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 county. 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 or pay by cash. 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.

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**, 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.

Your Carers Card

For people who care for someone else

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:

Visit: www.brighton-hove.gov.uk/content/parking-and-travel/parking/carers-permit

Call: 01273 296622

Go to: Customer Service Centre, Hove Town Hall, Norton Road, Hove BN3 3BQ

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

www.facebook.com/citysightseeingbrighton

What?

City Sightseeing Brighton tours operate from Monday 11th April 2022 until Sunday 29th October 2022. There are 11 pick-up points and is a hop on, hop off service that covers city landmarks including the Palace Pier, i360, Royal Pavilion and Brighton Marina. The tours operate, in open top buses, every 30 minutes (between 29th May until 17th September only) or 60 minutes and is a great way of seeing the city. There is a running commentary in seven languages and tickets are valid for one day or two days – headphones are provided free of charge. For more information, visit www.buses.co.uk/city-sightseeing Carers' Card holders over 18 who are not studying benefit from the Student discount on City Sightseeing Brighton tours. Carers' Card holders only pay £10 instead of £14 for a one day unlimited travel ticket and £15 instead of £20 for a two day unlimited travel ticket. NB. City Sightseeing Brighton tours are operated by Brighton & Hove Buses. See separate listing for other bus services operated by Brighton & Hove Buses on page 25.

How?

Tickets can be purchased on the bus using contactless card or cash on the day. Present your Carers' Card to the driver when you board the bus in order to receive the discount.

Your Carers Card

For people who care for someone else

Exclusive Offers for Young Carers' Card holders

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

Brighton & Hove City Council Active for Life activities

Where?

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

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 and with current Covid guidelines in place all of our sessions must be pre booked.** If you want to subscribe to a copy of the Active for Life brochure, email the Healthy Lifestyles Team at healthylifestyles@brightonhove.gov.uk or call 01273 294589. For some great resources for parents, carers and children and young people head to the Support to be Active website www.brighton-hove.gov.uk/health-and-wellbeing/support-be-active

Tuesdays: Active for Life Club, multi sports for children aged 7 to 11 at The Manor Gym from 3.30 to 4.30pm;

Wednesdays: Young Dancers Collective, contemporary dance for boys and girls aged 12+ at The Studio, from 5 to 6pm;

Thursdays: Active for Life Club, multi sports for 7 to 11s at Portslade Village Centre from 3.30 to 4.30pm

How?

Please call the Healthy Lifestyles team to book on 01273 294589. Please do not turn up at the sessions, as all sessions must be pre booked.

Brighton & Hove City Council sports and leisure centres

Where?

King Alfred Leisure Centre

Your Carers Card

For people who care for someone else

Moulsecomb Community Leisure Centre
Portslade Sports Centre
Prince Regent Swimming Complex
St Luke's Swimming Pool
Stanley Deason Leisure Centre
Withdean Sports Complex
www.freedom-leisure.co.uk

What?

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 & Hove. Withdean also runs unsupervised sessions for 14 and 15 year olds. After paying £10 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.

Moulsecomb: 3.30-5.30pm Monday to Thursday, 11am-2pm Saturday.

Portslade: 3.30-5.30pm Monday to Thursday.

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

Stanley Deason: 3.30-5.30pm Monday to Thursday.

Withdean: after £10 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).

Gyms (16 to 25s)

Young carers over the age of 16 can use the gyms at King Alfred, Moulsecomb, Portslade, Prince Regent, Stanley Deason and Withdean for free, once they've paid £10 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.

Your Carers Card

For people who care for someone else

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?

BHASVIC Dance Studio, 205 Dyke Road, Hove BN3 6EG
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. There are classes for all ages and abilities and students can progress to British Ballet Organisation exams.

Carers' Card offer: One class free of charge when booking a course of six.

How?

To claim the Carers' Card discount, send a picture of both sides of the Carers' Card to sonyahutchinson@mac.com. If you would like a pre-class run/meet and greet this will have to be arranged in advance and if you want to stay to support your child you will have to notify the school to enable them to accommodate numbers.

JOLF Ltd

Where?

Tel. 01273 921135 www.JOLF.golf

What?

Run by PGA professionals Neil Plimmer and Nevil Perryman-Best, JOLF Club will provide children and their families access and opportunities to play golf. This is done by delivering enjoyable, engaging and appropriate experiences in schools, the community and at golf clubs. **Join the community:** Play together and learn together and meet other families. **Access and opportunity to play on course:** JOLF will organise and host family play experiences at many different golf clubs, providing a variety of playing experiences. **Ask "The JOLF Man":** JOLF knows golf! Ask them ANYTHING! **JOLFer to GOLFer:** Guidance and support starting your journey from JOLFer (someone that needs help and support to play on the course) to GOLFer (someone who can play independently on the course). **FFFF - Family Friendly Facility Finder:** A list of places where you can enjoy playing golf as a family. **JOLF Shop: Purchase** equipment and products from trusted suppliers, companies and organisations that share JOLFs aims and values.

How?

Just head to this website to join www.jolf.golf/jolf-club/

Your Carers Card

For people who care for someone else

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! 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?

Monkey Bizness, Unit 27, Cliffe Industrial Estate, Lewes BN8 6JL
Tel. 01273 311566 www.monkey-bizness.co.uk

What?

Modern, open plan centre with areas for 0-2s, 2-5s and 5-12s, plus free wifi and magazines for the grown-ups and a healthy restaurant for the whole family. Carers' Card holders receive a 20% discount (adults and over 13s pay £1.20).

How?

Show the Carers' Card when you pay.

The Outdoors Project

Where?

Various outdoor locations in Brighton and Hove
Tel. 01273 933781 www.theoutdoorsproject.co.uk info@theoutdoorsproject.co.uk

What?

Outdoor adventure activities for kids aged six to 12 provided by The Outdoors Project, including After School Clubs and Holiday Clubs; bushcraft survival; Forest School, Woodland/Environmental and team building sessions; and Nerf and nature workshops. Carers' Card holders get a 30% discount off the usual price (excludes party bookings).

Your Carers Card

For people who care for someone else

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 2024