



EAST SUSSEX CARERS CARD DIRECTORY

Businesses have signed up to support local carers with offers or discounts through the East Sussex Carers Card Scheme. You can use your card at any of the businesses in this directory to receive special offers and discounts; look out for the Carers Card badge in shops, restaurants and more...

You must mention to the following businesses that you qualify for the carer's discount and show your Carers Card when making an enquiry, booking or paying.

Please note: We want to offer you as many benefits as we can but this does not mean we are recommending or endorsing any of the services, groups or organisations featured. We assume that you will make your own decisions about whether Carers Card offers are appropriate for you. The offers available to carers are subject to change and are added to regularly. Please ensure you read all terms and conditions.

If you experience any difficulties in using your Carers Card please let us know. Call Care for the Carers on 01323 738390 or email info@cftc.org.uk

PLEASE BE AWARE SOME SERVICES MAY NOT BE OPERATING AS USUAL DUE TO CURRENT RESTRICTIONS

EUROPE

SHORT BREAKS

The Old Doctors House

La porte voisine - a self-catering gîte-apartment in a little town in Burgundy, France, run by a friendly English couple. Chambres d'hôtes - gîte, 44 Rue Jean Bouveri, 71360 Epinac, Bourgogne, FRANCE
Tel: **0033 385 54 4845**
Email: info@theolddoctorshouse.com
Website: www.theolddoctorshouse.com
Book two nights and get a third FREE.
To book please contact Kathy Fordham (owner)

COUNTY WIDE

TRAVEL & PARKING

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**.

Tel: **01273 886200** Website: www.buses.co.uk

What?

Carers card holders receive student travel discount on all Keycard purchases (Student fares cut standard prices by around a third).

Accessibility: Buses have space for one wheelchair and many stops in Brighton and Hove have raised kerbs to allow access. If there isn't a raised kerb, a manual ramp is available. The 'Helping Hand' scheme is a discrete way of telling the driver you need extra help - see www.buses.co.uk/helpinghand
For more accessibility information, see <http://www.buses.co.uk/information/accessible-buses-wheelchairs.aspx>

How?

You will need to apply for your Keycard by going to the Care for the Carers Head Office at Highlight House, 8 St Leonards Road, Eastbourne, BN21 3UH.

You will be asked to show the Carers Card, some ID as well as provide a passport sized picture.

Additionally, you will need to give us your email address as well as your current address, contact telephone number and date of birth. Following your visit you will be posted a Brighton & Hove Buses Keycard and ID card and afterwards, you'll be able to load up the Keycard online at www.smartbuses.co.uk or by visiting Brighton & Hove Buses Head Office or 1 Stop Travel.

Please note: East Sussex Carers Card Holders **will not** be able to apply directly to Brighton & Hove Buses for the discounted travel as East Sussex Carers Cards need to be verified by Care for the Carers first. Please therefore ensure you contact Care for the Carers **before** applying.

Reduced hospital parking at Eastbourne DGH & Hastings Conquest

You will pay no more than £1.70 per visit with your Carers Card. Show your card at the parking office (kiosk) prior to departing to get the discount, as closing times are 20:00 (weekdays) and 18:00 (weekend).
Parking office Tel: **01424 755255**

COUNTY WIDE

CARE SERVICES

**Queensmead
Residential Care
Home**
Chanctonbury Healthcare
Group

Victoria Road, Polegate. BN26 6BU
Tel: **01323 487931**
Email: reception@queensmead-care.com
Website: www.chanctonbury-care.com
Queensmead is a Residential Care Home. Conveniently located in the centre of Polegate and just a five minute walk from the train station. A high quality and respected purpose built Care Home with modern facilities offering long term residential care, respite, day services and short stay convalesce. Queensmead boasts a varied activity and entertainments programme, top quality home cooked food and a person centred approach to care, as we say, we really, 'care about caring.'
10% discount off day services - lunch included or 2 for 1 offer - 2 course lunch, carer goes free.
Please call to book

FOOD AND DRINK

Bay Tree Foods

Sarah Blay
Tel: **07736 525841**
Email: sarahblay@btinternet.com
Website: www.baytreefoods.co.uk
Event catering and food love gift basket delivery. All food is homemade and caters to a variety of tastes, dietary requirements and budgets.
Carer eats FREE – offer applies to any catering or gift basket service when ordered for a minimum of 2.
Minimum spend £15 – for more info please contact Sarah. Please mention the carers card at time of booking, evidence of your card may be required upon delivery.

Brighton Chilli Shop

73 Trafalgar Street, Brighton. BN1 4EB
Tel: **01273 670613**
Email: info@brightonchillishop.com
Website: www.brightonchillishop.co.uk
The Brighton Chilli Shop offers the highest quality chillies and award winning chilli sauces, which are organic wherever possible. LOCAL, HEALTHY, TASTY
Visit our website to shop or to ask any questions you may have from what are the best chillies to use for a recipe to growing your own. **10% discount** in-store or online on orders of £10 or more.
To access the discount please add the code **FY9AKPH9Q03** at the checkout.

Cook
NEW BRANCHES!

38 Church Road, **Hove**, BN3 2FN Tel: **01273 720221**
3A Meads Street, Eastbourne BN20 7QT Tel: **01323 738525**
7 Cliffe High Street, **Lewes**, BN7 2AH Tel: **01273 483450**
Food for your freezer - Home delivery
Offering a wide range of frozen meals to suit everyone's taste and dietary needs.
10% discount on all products in store and for delivery.

COUNTY WIDE

FUNERALS

Prepaid Funeral Review (.co.uk)

2 Hankham Street, Eastbourne, BN24 5BG

Tel: **0800 0588 240**

Email: info@prepaidfuneralreview.co.uk

Website: www.prepaidfuneralreview.co.uk

I review the funeral plan market to find the plan most suitable for EACH clients needs.

No selling, just a chat on the phone and a written recommendation posted to you to consider in your own time.

There is a **choice of special bonuses** ranging from Wills to clocks and free professional funeral service planning and life story for the eulogy. The free extras we offer are more limited for Direct Cremation Plans.

We plant a tree for every new client to support the environment.

GARDEN - SERVICES & CENTRES

BC Garden Services

Brett Crowhurst

Tel: **07701016174**

Email: bcgardenservices@outlook.com

BC Garden Services can offer a wide range of services across the county including regular garden maintenance such as mowing, hedge cutting, clearance and flowerbeds. I also offer fencing, patios and decking.

Quotations and site visits are completely free of charge.

Carers Card holders receive a **20% discount from any quotation and a guarantee to beat any like for like quote.**

HOME FURNISHINGS

Discount Home Textiles Online store

WEBSITE: discounthometextiles.co.uk

Tel: **0161 222 8891**

Email: info@discounttextiles.co.uk

Quality bedding, curtains, soft furnishings, bed frames, mattresses and bedroom furniture at discount prices.

5% off all online purchases using code: **carers5** at the checkout

HOME IMPROVEMENTS & MAINTENANCE

Brewers Decorators Warehouse **NEW BRANCHES ADDED!**

Eastbourne:

2b Britland Industrial Estate, Northbourne Road BN22 8PW

Tel: **01323 640238** Email: Eastbourne@decwarehouse.co.uk

Birch Road BN23 6PL

Tel: **01323 434600** Email: Eastbourne@brewers.co.uk

Bexhill:

Albany House, 42 Beeching Road TN39 3EW

Tel: **01424 213800** Email: bexhill@brewers.co.uk

Hailsham:

15 North Crescent Industrial Estate, Diplocks Way BN27 3JF

Tel: **01323 840607** Email: Hailsham@decwarehouse.co.uk

Hastings: White Rock Road, TN34 1LE

Tel. **01424 712655** Email: Hastings@brewers.co.uk

Seaford: 17 Clinton Place BN25 1NP

Tel: **01323 894385** Email: Seaford@brewers.co.uk

Website: www.brewers.co.uk

Discount on paint with your carers card just mention

CARE112. Show your carers card in 180 Brewer's stores and get discount.

COUNTY WIDE

Coastal Electrical Solutions Ltd
NEW!

Unit A6 Chaucer Business Park, Dittons Road, Polegate, East Sussex, BN26 6QH
Tel: **07710 569 447**
Email: **coastalelectricalsolutions@outlook.com**
Your local affordable and friendly electricians for all your electrical needs. We offer initial inspections and estimates free of charge. Committed to efficient solutions – book an appointment now to see how you could save on your energy costs.
15% off labour before VAT.
Please mention your entitlement to the discount at initial instruction. Carers Card to be produced to the attending Electrician.

NM Plumbing and Heating Ltd

Neil is Gas Safe Registered and covers the whole of East Sussex
Tel: **01323 899373** or **07759 298184**
5% discount on services.

IT - COMPUTERS & PRINTERS

First Call Inks Ltd
Ink Cartridges

Based in Eastbourne with website for online orders
477 Seaside, Eastbourne BN22 7SA
Tel: **01323 430060**
Email: **sales@firstcallinks.co.uk**
Website: www.firstcallinks.co.uk
We are one of the largest UK printer ink cartridge distributors.
Winner of WHICH? Magazine Best Printer Ink Brand 2017
15% discount off purchases.
Offer can be accessed online
Please use **Offer Code: 430060** in the Promotional Code box at the checkout.
We welcome customers to our shop Monday - Friday 9 - 4.30

LEGAL AND FINANCIAL

Allied Professional Will Writers
Previously known as Eastbourne Law

2 Hankham Street, Eastbourne, BN24 5BG
Tel: **01323 406299**
20% discount on Wills and Lasting Powers of Attorney when you present your Carers Card.

APS Legal & Associates

Based in Bexhill, but covering the whole of East Sussex
Mob: **07774 442318**
Carers Card holders are entitled to:

- **A free no obligation initial consultation**
- **10% off all estate planning and will writing services for them and their families**
- **5% off pre-paid funeral plans**

Brookes Family Mediation

Tel: **01323 411629** -
Email: **sarah@brookesfamilymediation.co.uk**
Website: www.brookesfamilymediation.co.uk
We offer mediation at several venues across East Sussex
If you are separating or divorcing, family mediation can help you to work out the future arrangements for your children, and your finances, without the need for expensive, lengthy and stressful court proceedings.
20% discount across all of our services

COUNTY WIDE

Taylor Rose MW Solicitors

24 Terminus Road, Eastbourne. BN21 3LP
Jessica Shale ASWW, Affiliate CILEx, Associate - Private Client Services Division. Based in Eastbourne and covering all of Sussex
Tel. **01323 405256**
Email: Jessica.shale@taylor-rose.co.uk
Website: www.taylor-rose.co.uk
Jessica would be delighted to offer Carers Card holders & their families:

- 1. A free initial consultation**
- 2. 10% off Wills, Lasting Powers of Attorney and Deputyship applications**
- 3. Home visits free of charge**
- 4. Preferential rates for Estate Administration**

OPTICIANS

Barracloughs the Opticians

Award-winning independent family opticians offering plenty of time at every appointment to tailor a solution for your lifestyle. With stores across East Sussex offering designer and budget eyewear, the latest optical equipment plus eye health supplements. Outside prescriptions welcome.

- 64a High Street, **Battle** TN33 0AG
Tel: **01424 772725** Email: battle@barracloughs.net
- 41 Western Road, Bexhill-on-Sea TN40 1DT
Tel: **01424 219543** Email: bexhill@barracloughs.net
- 194 Terminus Road, **Eastbourne**, BN21 3BB
Tel: **01323 721906** Email: eastbourne@barracloughs.net
- 58a High Street, **Polegate** BN26 6AD
Tel: **01323 487122** Email: polegate@barracloughs.net
- 23 Sedlescombe Road North, **SLOS** TN37 7DA
Tel: **01424 423605** Email: stleonards@barracloughs.net
- The Old Cottage, Dane Road, Seaford BN25 1DJ
Tel: **01323 898777** Email: seaford@barracloughs.net
- 53 High Street, Uckfield TN22 1AP
Tel: **01825 769800** Email: uckfield@barracloughs.net

Website: www.barracloughs.net

10% discount on complete spectacles purchased, no minimum spend.

Not valid in conjunction with any other offers or all-in-one promotions.

Wilson, Wilson & Hancock Independent, quality eye care

East Sussex & Kent

Established in 1949, we offer a wide choice of frames, spectacle lenses and contact lenses – all at competitive prices and we are an approved provider by the Conquest & William Harvey Hospital clinics.

- 12 – 14 Cambridge Road, Hastings TN34 1DJ
Tel: **01424 421717**
Email: hastings@wilsonwilsonandhancock.co.uk
- 223A High Street, Lewes BN7 2AF
Tel: **01273 472360**
Email: lewes@wilsonwilsonandhancock.co.uk

COUNTY WIDE

Wilson, Wilson & Hancock cont.
Independent, quality eye care

- 63 Cinque Ports Street, Rye TN31 7AN
Tel: **01797 223700**
Email: rye@wilsonwilsonandhancock.co.uk
 - 7 High Street, Tenterden, Kent TN30 6BN
Tel: **01580 762069**
Email: tenterden@wilsonwilsonandhancock.co.uk
- Website: www.wilsonwilsonandhancock.co.uk
Offer: **10% off complete new spectacles purchased.**
Excludes budget frames

PHARMACIES

Kamsons Pharmacy
NEW BRANCH!

Offering information, advice and products across East Sussex
14 branches across the county:

- Eastbourne:
 - 8 Albert Parade, Green Street Tel: **01323 721806**
 - 7C Bolton Road Tel: **01323 643754**
 - Milfoil Drive, Langney Tel: **01323 760522**
 - 46 Meads Street Tel: **01323 733212**
 - 187 Victoria Drive Tel: **01323 727855**
 - 1-2 Orchard Parade, Lower Willingdon Tel: **01323 484448**
- Hailsham - 12 Carew Crt, Hawkswood Rd Tel: **01323 449484**
- Hastings - 1 York Buildings Tel: **01424 428523**
- Peacehaven - 241 South Coast Road Tel: **01273 582334**
- **Polegate – 43 High Street** Tel: **01323 482474**
- Stone Cross - Mimram Road Tel: **01323 766977**
- Telescombe Cliffs - 1-2 Dana Lodge, Central Avenue Tel: **01273 583702**
- Uckfield - Framfield Road Tel: **01825 760173**
- Uckfield - Bell Farm Road Tel: **01825 767172**

For further details visit www.kamsons.co.uk

10% discount on retail items (not prescription charges)

SHORT BREAKS

Away Resorts Ltd

Imex Building, 575-599 Maxted Rd, Hemel Hempstead, HP2 7DX
Tel: 0330 127 4747

Email: generalenquiries@awayresorts.co.uk

Website: <https://www.awayresorts.co.uk/>

We literally love our six award winning holiday parks but more than anything we LOVE creating experiences for our guests that allow you a lifetime of 'remember when we did that' moments. Take a break, spend time with a loved one, treat the family. From chalets to caravans, to lodges and glamping, there's plenty of options to choose from with our unique accommodation with fantastic facilities & entertainment.

Carers can save an extra 10% on all breaks by quoting promotional code: CFTC10.

Our **free of charge Coronavirus Booking Guarantee**. This means if your 2020 or 2021 holiday is cancelled due to COVID-19, we will offer you:

- The choice of a full no quibble refund, or:
- The opportunity to move your break to another date in the future free of any administration charge.

Offer can be booked via our website at awayresorts.co.uk or by calling our Holiday Heroes on **0330 127 4747**

COUNTY WIDE

<p>Away Resorts Ltd cont.</p>	<p>Discounts are applied to the latest self-catering offers shown on our website at awayresorts.co.uk. Offer does not apply to tenting and touring. Offer does not apply to bookings over 5 units.</p> <p>Discounts cannot be used with any other offer, discount, third party promotion or voucher. Discount codes must be quoted at the time of booking and cannot be added retrospectively.</p> <p>Offer applies to new, direct bookings only and are subject to the full booking Terms and Conditions as stated on the website.</p> <p>Discount codes have no cash value, are not for re-sale and cannot be distributed without prior written approval from Away Resorts. Facilities and accommodation vary by park.</p> <p>All details correct at time of being published, are subject to promotional rate availability and can be withdrawn or reduced at any time without notice. Offer ends 31 December 2021.</p>
<p>Butlin's</p>	<p>Enjoy the best of Butlin's. We believe a beautiful ocean, fresh sea air and plenty of space to play are the essential ingredients of a brilliant family break. All three of our resorts are right next to some of Britain's loveliest beaches, and each host our famous fun-filled Skyline Pavilions, surrounded by landscaped gardens and family places to stay. And whether it's indoors, outdoors, day or night, there will always be plenty for you to say 'yes you can' to during your stay because so much of the fun at Butlin's is 'all part of the price' – hip hip hooray! You can enjoy the discount at all three of our resorts:</p> <ul style="list-style-type: none"> • Butlin's Bognor Regis, Upper Bognor Road, Bognor Regis, West Sussex, PO21 1JJ • Butlin's Minehead, Warren Road, Minehead, Somerset, TA24 5SH • Butlin's Skegness, Ingoldmells, Skegness, Lincolnshire, PE25 1NJ <p>To book your Butlin's break, call 0330 100 6652 or visit BUTLINS.COM/PHC making sure to quote QQ209 to get your discount. This discount is per booking and can only be applied to new bookings. It does not apply to two night breaks or rooms for two.</p> <p>For full terms and conditions, please visit butlins.com/terms</p>
<p>Butlin's Live Music Weekends</p>	<p>Enjoy the best of Butlin's Live Music Weekends plus £20 off! Update:</p> <p>Please check the Live Music Weekends website for details https://www.bigweekends.com/offers/privilege-holiday-club</p>
<p>Haven Leisure Ltd</p> <p>Haven Promise – 100% RISK FREE BOOKINGS with our new Coronavirus Book with Confidence Guarantee</p> <ol style="list-style-type: none"> 1. No Quibble Refunds 2. Our Price Promise 3. Squeaky Clean Holiday Homes 	<p>One Park Lane, Hemel Hempstead. HP2 4YL Tel: 0333 202 54 23 Website: www.haven.com</p> <p>Haven offer the perfect base for your short break or holiday. When you join us on a Haven holiday, all our award-winning family holiday parks will give you the warmest welcome possible. We've made sure each of our 37 parks, of which 22 offer touring and camping, is on or near the coast, so the sound of the sea's never too far away.</p> <p>From under 5s getaways to dog friendly holidays and couples' retreats, we cater for everyone here at Haven. With over 100 indoor and outdoor activities to choose from at Haven, we have something suitable for the whole family, whatever your age or ability. All of our parks have great facilities and entertainment for all the kids – big ones and little ones. There's plenty to keep everyone busy. You'll find plenty of time to be together on your chosen Haven UK holiday.</p>

COUNTY WIDE

<p>Haven Leisure Ltd cont,</p>	<p>Offer T&C's – Save up to 10%* on top of Havens published prices. Offer T&C's – Save up to 10%* on top of Havens published prices. Please go to www.haven.com/careforcarers for terms and conditions of the offer. To take advantage of your discount please go to www.haven.com/careforcarers and your discount will be applied automatically or call 0333 202 5423 and quote CH_CAREFORCARERS</p>
<p>Park Holidays UK <i>New parks added!</i></p>	<p>Glovers House, Glovers Lane, Bexhill on Sea, TN39 5ES Tel: 0343 178 7070 Email: holidaysupport@parkholidays.com Website: www.parkholidays.com 42 Holiday Parks offering caravan, lodge and glamping holidays from Scotland to Cornwall. Accessible accommodation available at some sites. 20% Discount off published price of holidays. Minimum prices apply Please mention the Carers Card before completing the booking.</p>
<p>Stone Ness Short Breaks</p>	<p>Jean Burgess - Stone Ness Walled Garden, Ashurst, Tunbridge Wells, Kent. TN3 9SU Tel: 01892 740305 Website: www.stonenesswalledgarden.org Self-catering short breaks for carers with the person they care for in a newly built (2017) 2 bedroom bungalow. £50 per night for two people. Lots to do locally or join a gardening group here for a tea break. Please visit the website to find out more about this new venture. Pets by arrangement. 10% Discount with the East Sussex Carers Card To book or for more information please contact Jean</p>
<p>The Sanctuary Retreat Holiday Park Autism Friendly</p>	<p>Leather Waggon, Pett Level Road, Fairlight, Hasting, TN35 4ED Tel: 01424 813888 Offer 10% discount on the cost of a holiday or short break. Bookings are for a minimum of 2 nights and a maximum of 14, excluding any other offers.</p>
<p>SPECIALIST SERVICES</p>	
<p>Self Storage Space</p>	<p>1 station Road (opposite Lewes Train Station) Lewes. BN7 2YY Tel: 01273 470000 Email: sales@SelfStorageSpace.co.uk Website: www.SelfStorageSpace.co.uk A self storage facility in Lewes with units that are perfect for safely storing belongings. Approved by Trading Standards 'Buy with confidence' scheme. We can provide flexible access for carers, families, cared for individuals or support services as required. We also provide mailboxes and a wide range of storage boxes, packing materials and accessories. 10% discount on storage units. Cannot be used in conjunction with any other offer</p>

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

ACTIVITIES & ATTRACTIONS

Buzz Active Eastbourne Watersports	Royal Parade, Eastbourne, BN22 7LD Tel: 01323 417023 Email: info@buzzactive.org.uk Website: www.buzzactive.org.uk 10% discount on all activities excluding junior group rates and one-to-one sessions.
Hailsham Pavilion Theatre	George Street, Hailsham. BN27 1AE Tel: 01323 841414 Email: info@hailshampavilion.co.uk Website: www.hailshampavilion.co.uk The Hailsham Pavilion Theatre is a fully independent cinema, Live Music Venue and Theatre that combines a fully restored interior, with a programme and facilities that are right up to date. 10% off the standard cinema ticket price. The offer applies to standard film screenings that have not already been discounted. <i>Participating member of the CEA Card Scheme can enjoy a visit with the person you care for or take a break from caring and use the carers card for discount.</i>
Herstmonceux Castle Gardens & Grounds	Herstmonceux Castle, Hailsham, BN27 1RN Tel: 01323 833816 Reduced entry for the cared-for person (£4) and the carer enters for FREE.
The Royal Hippodrome Theatre	108-112 Seaside Road, Eastbourne, BN21 3PT Tel: 01323 802020 When purchasing a ticket for a person you care for you are able to obtain a carer ticket for 50% off the top selling theatre price.
Towner	Devonshire Park, College Road, Eastbourne, BN21 4JJ – Tel: 01323 434670 Website: www.townereastbourne.org.uk 10% off all Towner promoted events and exhibitions. <i>Not valid for events presented by third parties</i>
<h2>ESTATE AGENCIES</h2>	
Angela Marden Estate Agents	55 Hawkley Crescent, Hailsham BN27 3GH Tel: 01323 818000 Email: angela@angelamarden.co.uk Website: www.angelamardenestateagents.co.uk Covering Hailsham, Polegate, Willingdon, Eastbourne, Langney, Langney Point, Harbour, Alfriston, Upper Dicker and Lower Dicker. Residential sales and lettings providing a one to one personal service from start to finish. There is no tie in period and I only work with 10 properties at any time. I offer a bespoke service with no pressure and I guarantee to be cheaper than the high street agents. 10% off fees
Ross & Co	Awaiting updates .

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

**Rowland Gorringe
Estate Agency**

Station Approach, Seaford, BN25 2AR

Tel: **01323 490680**

10% discount on estate agency fees with your Carers Card.

FITNESS

**Hailsham Leisure
Centre - Freedom
Leisure**

Vicarage Lane, Hailsham BN27 2AX

Tel: **01323 846755**

Website: www.freedom-leisure.co.uk/centres/hailsham-leisure-centre

Carers pay £2.50 for a swim, £2.50 for bowling (after government guidelines have been lifted on 19th July)
Carers Card does not allow discount on our Active Plus (50+) weekdays & school holidays 8.30am - 10.30am bowling session.

Carers can either purchase a:

Concessionary membership - £85 for 3 months, this includes a free induction and gives free use of the gym and swimming pool

or pay £20.00 for an induction (normally £30) and £5.25 (normally £7) for each session

Both can be used between the hours of 10am and 5pm Mon - Fri and anytime weekends.

Sovereign Centre
NEW!- under new management

Royal Parade, Eastbourne. BN22 7LQ

Tel: **01323 738822**

Email: eastbourneleisure@lewes-eastbourne.gov.uk

Website: www.eastbourneleisure.co.uk

The Sovereign Centre offers a wide range of facilities including a gym, fun pool with wave machine and flume, Aqua Challenge inflatable assault course, 25 meter gala swimming pool, diving pool, swimming lessons, gymnastics lessons, sauna and steam room, workout studio, junior gym, sports hall available to hire, cafe and much more!

10% off casual entry fees for the gym or swimming pool

The Sovereign Centre currently operates a booking system for the Fun Pool for swimming at weekends and school holidays. To swim at this time and receive the discounted rate, you must book in advance in person at reception.

Sport Eastbourne

Providing sports and activities across Eastbourne.

Hampden Park Sports Centre, Brodrick Road, Eastbourne, BN22 9RQ

Tel: **01323 509859**

Cavendish Sports Centre, Eldon Road, Eastbourne, BN21 1UE

Tel: **01323 647683**

Shinewater Sports Centre, Milfoil Drive, Eastbourne, BN23 8ED

Tel: **01323 768614**

Email: sporteastbourne@waveleisure.co.uk

Website: <https://www.sporteastbourne.co.uk>

Reduced yearly centre membership, valid for all three centres: £5.00 Adults, £2.50 Under 18's - Monthly gym pass - £18 per month (usual price £23), valid for all three centres. (Pay as you go gym prices are the same as regular memberships, these vary at each centre).

Cavendish Sports Centre operates reduced hours during school term time. Please see website for details

Show carers card when enquiring about membership and before paying for membership or monthly pass.

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

Wave Leisure Trust	<p>Downs Leisure Centre, Sutton Road, Seaford. BN25 4QW Tel: 01323 490011 Email: memberships@waveleisure.co.uk Website: www.waveleisure.co.uk</p> <p>We are a charitable not for-profit company working to inspire active lifestyles through providing high quality, affordable and assessable health and fitness and activity for the local community.</p> <p>Carers can join onto a discounted membership with Wave Leisure, our corporate memberships includes:</p> <ul style="list-style-type: none">• UNLIMITED gym, swimming and group exercise classes at all of our centres.• 2 x 45-minute appointments with a qualified Fitness Instructor who will tailor a personal fitness plan for you.• Free personal plan review every 10-12 weeks to develop your goals and track progress.• Free Boditrax precision body composition scan available to every new member• MAX - Discounted rates for a 12-month commitment to fitness. No joining fee! £36.75 per month by direct debit.• MAX Annual - Our BEST value package. Prepay for the year and get two months free. That's 14 months of fitness for the price of 12! No joining fee! £441 per annum.• FLEX - Our rolling month-to-month contract for full flexibility. Subject to a joining fee of £39.95. £42.95 per month by direct debit. <p>Proof of your carers card will be required when you join onto a membership</p>
FOOD AND DRINK	
Castle Cottage Tearoom	<p>High Street, Pevensey, BN24 5LE (next to Pevensey Castle) Tel: 01323 762155 Email: enquiries@castlecottagetearoom.com Website: www.castlecottagetearoom.com</p> <p>Vintage tearoom serving tea 'as it used to be' including sandwiches, cream teas, cakes and other goodies, all home made on the premises.</p> <p>10% of bill for carers</p>
Downsview Butchers	<p>8 Freshwater Square, Eastbourne, BN22 0PR Tel: 01323 505009 10% discount on their meats.</p>
Saima Halal Grocery	<p>87 Cavendish Place, Eastbourne. BN21 3RR Tel: 01323 730788 Halal grocery offering a warm welcome and 10% off groceries for carers with the East Sussex Carers Card</p>
Simply Italian	<p>10-11 The Waterfront, Sovereign Harbour, Eastbourne, BN23 5UZ Tel: 01323 470911 10% discount to any carer and their guest coming to visit us in any Simply Italian. Show your card before ordering. Offer excludes S! Special Events and any promotional or pre-discounted menus.</p>

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

Taylor's Restaurant & Sports Bar

Unit 103, The Beacon, Town Centre, Eastbourne, BN21 3NW
Tel: **01323 731119**
Email: info@taylorsrestaurantandsportsbar.co.uk
Website: www.taylorsrestaurantandsportsbar.co.uk
A family run business with a strong passion for quality food and customer experience. Taylor's have six sixty five inch and three seventy five inch high definition televisions so we are well equipped for you to watch your favourite sports whilst enjoying high quality restaurant food. Taylor's wants everyone to feel welcome, from the biggest sports fans to the family that just wants a bite to eat.
We look forward to seeing you all soon.
15% off main meals for carers with the East Sussex Carers Card. Please mention the card when making an enquiry, booking or paying.

VS Bakes Ltd

Flat 2, 281 Seaside, Eastbourne
Tel: **07854453220**
Email: vsbakes@gmx.co.uk
Website: www.vsbakes.com
We are a 100% vegan and 100% gluten free online home bakery. We deliver to Eastbourne, Hailsham and Polegate areas (BN20 to BN27)
10% off full price items.
No discount on #fivethursday boxes and not valid in conjunction with other promotions.
To access the offer input code **CARE20** on coupon box at the checkout.

FUNERAL DIRECTORS

C.P.J Field Haine & Son Funeral Directors

Eastbourne branch: 19 South Street, BN21 4UJ
Tel. **01323 727801**
Email: haine.son.eastbourne@cpjfield.co.uk
Polegate branch: 65 High Street, BN26 6AH
Tel. **01323 489127**
Email: haine.son.polegate@cpjfield.co.uk
Hailsham branch: 46 South Road, BN27 3JQ
Tel. **01323 840049**
Email: haine.son.hailsham@cpjfield.co.uk
Website: www.cpjfield.co.uk
Using the experience it has taken our family 325 years we'll do all we can to help make a difficult time easier - because in the end, we think you need more than a funeral director.
10% off our fees on a traditional funeral.
This does not include third party fees.
The offer can be taken up by carers at the time of arrangement on receipt of a carer's card.
Not applicable when organising a prepaid funeral.

Sayce and Bull Funeral Directors Ltd

16 South Street, Eastbourne, BN21 4XF
Tel: **01323 644454**
Email: info@sayceandbull.com
Website: www.sayceandbull.com
An independent family owned and run funeral directors that serves the people of Bexhill. Eastbourne, Hastings and surrounding areas. We are not target driven and do not work on commissions, just family run. Our family helping your family.
10% off fees on a traditional funeral.

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

Sayce and Bull Funeral Directors Ltd cont. *This does not include third party fees. The offer can be taken up by carers by showing their card at the time of arrangement or mentioning it beforehand.*
Not applicable when organising a prepaid funeral.

Wealden Funeral Services Ltd
64 High Street, Heathfield. TN21 8JB
Tel: **01435 868844**
Email: andy.kirk@wealden-funerals.uk
Website: www.wealden-funerals.uk
Wealden Funerals is a true independent funeral director assuring you of the highest care and compassion at prices that are fair to everyone.
All funeral director prices will be **discounted by 10%** on production of your Carers Card.

GARDEN - SERVICES & CENTRES

Paul Dix Garden Design
15 Spring Close, Willingdon Village, Eastbourne BN20 9HD
Mob: **07866 749688**
Receive two hours of initial garden design consultation for the price of one hour with your Carers Card.

HAIR & BEAUTY

Hair by Sophie Lilley
Mobile Hairdresser
Covering: Eastbourne and local surrounding areas: Polegate, Hailsham, Pevensey etc.
Tel: **07880351343**
Email: hairbysophie@hotmail.com
Professional, salon quality haircutting and colouring services in the comfort of your own home. 9+ years experience
10% discount off all services

Posh Nails & Beauty
139 Green Street, Eastbourne, BN21 1SB
Tel: **01323 722888**
10% discount on any beauty treatments.

HEALTH AND WELLBEING

Anti Aging Therapy
2 Canada Close, Telscombe Cliffs, Peacehaven, BN10 7JH
Areas covered: East Saltdean, Peacehaven, Newhaven, Seaford & Eastbourne
Mob: **07725 999650**
Email: paula@rejuvenatenaturally.co.uk
Website: www.antiaging-therapy.co.uk
Natural holistic treatments to help slow down the ageing process. Relaxing Natural Face Lift Massage – neck, shoulders and face to lift your muscles & condition your skin to promote relaxation and calm. Rejuvenating Laser – stimulates collagen production and reduces expression lines & wrinkles. Holistic Facial – Luxurious pamper to soften, tone and refine skin.
25% off single treatments at each visit.

Eastbourne Clinic of Natural Medicine
69 Meads Road, Eastbourne, BN20 7QL
Tel: **01323 734664**
20% discount on the following treatments

- Acupuncture
- Aromatherapy & Massage
- Reflexology
- Indian Head Massage

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

<p>Hailsham Foot Clinic</p>	<p>Hawthorn Cottage, Lower Dicker, Hailsham, East Sussex, BN27 4BJ Tel: 01323 841337 Mobile: 07828 400 005 Email: steve@hailshamfootclinic.co.uk Website: www.hailshamfootclinic.co.uk Covering Eastbourne, Hailsham, Polegate & surrounding areas Hailsham Foot Clinic provides a wide range of foot care in a beautiful garden clinic setting which is fully air conditioned or heated. Or we can come to you as a domiciliary home visiting service where you can have your feet done in the comfort of your own home. Treatment Costs are £25.00 30% off your first visit!</p>
<p>Hazel Curtis - Holistic Therapy & Weleda Wellbeing Advisor</p>	<p>8, Walnut Walk, Polegate, BN26 5AD Tel: 01323 489229 Mob: 07870 283729 Email: hazel@makingtimetounwind.co.uk Website: www.makingtimetounwind.co.uk Professional Therapist. Registered with FHT. Treatments offered: Reflexology, Aromatherapy and Pregnancy Massage. Please visit website for full details. All local areas covered. Polegate train station is a five minute walk away and off street parking is available. On production of your Carers Card a £5 discount will be applied to all treatments.</p>
<p>Lushington Chiropractic</p>	<p>30 Lushington Road, Eastbourne, BN21 4LL Tel: 01323 722499 £10 off first consultation normally charged at £49. Any treatments thereafter are usually charged at £40 each.</p>
<p>Natural Fitness & Therapy Centre</p> <p>Special Offer: 50% discount off Zoom classes or Unlimited for just £30 per month. Please email if you would like to attend, detailing which class.</p>	<p>Royal Parade, Eastbourne, East Sussex. BN22 7AQ Tel: 01323 732024 Email: info@nftceastbourne.co.uk We are a privately owned business offering classes in yoga, pilates and tai chi to all ages and abilities. We also offer therapies and treatments such as osteopath, massage, acupuncture, physiotherapy and a number of counsellors to offer support. 15% off all pilates classes and some yoga classes 10% off some therapies Timetables are available on our website: www.naturalfitnessandtherapies.com Subject to change so please contact and ask for more details.</p>
<p>Podiamed Ltd</p>	<p>James Wright - Podiatrist 1 Lushington Road, Eastbourne, BN21 4LG Tel: 01323 721814 Email: wrightjames7@hotmail.com Website: www.wrightpachirodists.com We offer a wide range of services to help with all chiropody and podiatry issues. Surgery and home visit appointments available. 20% off any first treatment Basic nail cut - £25.00</p>
<p>Susan Wilson - Holistic Therapist – Reflexology & other holistic therapies</p>	<p>Tel. 07722 130206 Email: suewilson14@outlook.com Qualified therapist insured with FHT, offering reflexology and other holistic therapies at home with COVID19 precautions in place. 25% off first treatments For more information or to make a booking please call or email.</p>

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

STT Eastbourne Soft Tissue Therapy	Jason Paterson - Soft Tissue Therapist 94 Victoria Drive BN20 8LF Also works in various locations across the county and can do home visits by arrangement. Mob: 07980 339864 Email: jason@stteastbourne.com Massage, stretching and manipulation of the soft tissue can be beneficial for posture, muscle pain, sports injuries and rehabilitation from surgery. It can also support stress relief and wellbeing. 10% off hourly rate for carers and those they care for.
Tension Takeaway	Based in Bexhill but covers the following areas: Bexhill-on-Sea, Herstmonceux, St. Leonards, Eastbourne (£5 extra for travelling) & Hastings Mob: 07808 198505 £5 off any 1 hour treatment and receive half price treatment if recommended friend books too.
Yoga	Yoga classes in Hailsham & Herstmonceux Mob: 07990 755415 Mon: Herstmonceux Health Centre 7:30pm-9pm Tue: Summerheath Hall, Hailsham 11:00am - 12:30pm Wed: Emmanuel Church Hall, Hailsham 6:30pm-8pm £1 off any of the classes.
HOME FURNISHINGS	
Myrtles Curtains	79 Dover Road, Polegate, BN26 6LG Mob: 07779 666274 Experienced and competitively priced curtain making. Hand finish pinch pleat, pencil pleat and eyelet headings, alterations and Roman blinds. 20% off making prices with Carers Card (<i>does not apply to fabric, linings or sundries</i>)
HOME IMPROVEMENT & MAINTENANCE	
Abacus Flame Ltd Heating engine	277 - 279 Seaside, Eastbourne, BN22 7PA Tel: 01323 648083 10% discount for any work carried out up to the value of £1000 using the carer`s card. 5% discount for any work carried out up to the value of £3000 using the carer`s card. A photo id will be required to accompany the carer's card. i.e.: driver's license, passport, etc. Please mention the carer's card when booking your appointment or prior to commencement of works to have your 10% discount applied.
Denis Bonnici Electricians Ltd	35B Clarence Road, Eastbourne, BN22 8HQ – Tel: 01323 642427 Email: bonnici.electrician@gmail.com Website: www.denisbonnici.com <i>Member of Buy with Confidence – East Sussex County Council and Checkatrade</i> 10% discount LABOUR ONLY for Carers Card holders (before VAT). Denis Bonnici electricians will assess the work that needs doing for free either over the telephone or by visiting the customer dependant on nature of the job.
Graham Cottingham Electricians	31 Battle Road, Hailsham, BN27 1DY Tel: 01323 849750 <i>Member of Buy with Confidence – East Sussex County Council</i> 10% discount on total bill.

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

Mark J. FitzGerald – Carpentry & Joinery Specialist	18 Millers Rise, Hailsham, BN27 3XE Tel: 01323 843977 Mob: 07866 923833 <i>Member of Buy with Confidence – East Sussex County Council</i> Free quotes and advice. Receive a 10% discount.
Homesmaid Cleaning Service	70 Winchcombe Road, Eastbourne, East Sussex, BN22 8DE Tel: 0800 3213873 Carers located in Eastbourne receive a 10% discount with the Carers Card.
NBC Carpentry & Building	8 Piltown Way, Eastbourne, BN23 8LB Tel: 01323 761454 With over 35 years' experience, NBC can provide all your carpentry and building needs, throughout East Sussex. Fully insured, NBC's work is guaranteed to a very high standard. 20% off labour with Carers Card Does not apply to materials.
Polegate Glazing Ltd	3 Hailsham Road, Polegate, BN26 6NJ Tel: 01323 486264 Mob: 07971 801297 10% discount on labour only , the card must be produced at the time of the order being placed, not at the point of invoice.
SB Property Maintenance Double Glazing	25 New Road, Hellingly, BN27 4EW Tel: 01323 440609 Mob: 07773 750891 10% discount on all services.
Verrall & Parks Plumbing & Heating	Unit 3 Courtlands Road, Eastbourne. BN22 8TR Tel. 01323 737633 Email: info@verrallandparks.co.uk Website: www.verrallandparks.co.uk Covering Eastbourne. Seaford, Polegate, Hailsham, Bexhill and surrounding areas A trusted name in Plumbing and Heating for over 45 years. All plumbing and heating servicing and repairs covered from a dripping tap to full central heating. £10 off every gas boiler and fire service. 10% off all plumbing and heating repairs and installations. <i>Please mention the Carers Card when booking all appointments. ID will be required on arrival of appointment.</i>
IT - COMPUTERS & PRINTERS	
AP-it IT Support	16 Cobbold Avenue, Eastbourne, BN21 1UZ Tel: 01323 887894 Receive £5 off an hour. You will pay £30 plus Vat for the initial hour of service rather than £35 plus Vat
Badger Inks Ink cartridges	36 Church Street, Seaford, BN25 1LD Tel: 01323 893006 10% off all compatible ink cartridges, toners and paper. The discount is not available on OEM/genuine ink cartridges, shredders, laminators or printers. It is also not available with any other special offers. Show your Carers Card in store or go to www.badgerinks.co.uk and order on-line.

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

Badger Inks cont. Ink cartridges	When at checkout, put ' Carers Card ' in the ' discount code ' box and 10% will be taken off your order.
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LEGAL AND FINANCIAL

Reid Briggs	Keely Featherstone, 49 South Street, Eastbourne, BN21 4UT Tel: 01323 438843 Carers Card holders are entitled to an introductory fee waiver of £10 on household/Motor insurances (£35 on commercial insurances) transferred to us or arranged through Reid Briggs.
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Stephen Rimmer LLP Solicitors	28-30 Hyde Gardens, Eastbourne, BN21 4PX Tel: 01323 644222 <i>Member of Buy with Confidence – East Sussex County Council</i> 10% discount on fees (subject to terms and conditions).
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LOCKSMITHS

ARM Locksmiths	7 Union Close, Hailsham, BN27 3HQ Covers the BN and TN postcode areas. Tel: 01323 441019 Mob: 07521 701514 10% discount on the total price with a Carers Card.
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MOBILITY AIDS

Clearwell Mobility	Head Office in Burgess Hill Tel: 0845 2211222 Eastbourne Showroom: 336/338 Seaside, Eastbourne BN22 7RJ Tel: 01323 484060 Hastings Showroom: 24 Castle Street, Hastings TN34 3DY Tel: 01424 439911 Seaford Showroom: 3 Old Tree Parade, Broad Street, Seaford BN25 1LT Tel: 01323 491616 Web: www.clearwellmobility.co.uk Carers Card holders receive a 5% discount on goods.
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Procter Health Care	Eastbourne: 8-9 Station Parade, Eastbourne. BN21 1BE Tel: 01323 417508 Email: enq@procters.com Website: www.procterhealthcare.co.uk Offering a range of products to assist with mobility and disability as well as helping recuperation from short term issues. 10% off sales over £10 Please mention and show Carers Card at the till on the first visit. Details can then be taken to allow phone sales in the future. Delivery available across East Sussex.
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MOTORING SERVICES

Eastbourne Motoring Centre Ltd	Cavendish Bridge, Eastbourne, BN21 3SE Tel: 01323 720681 10% discount on vehicle services, £10 off an MOT test, free local recovery club and free vehicle safety check.
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Southern Co	Unit 2, Hawthorn Road, Eastbourne, BN23 6QA Tel: 01323 643333 <i>Member of Buy with Confidence – East Sussex County Council</i> 15% off all labour costs and MOTs at £30 instead of £54.85.
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EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

Setyres	Diplocks Way, Hailsham BN27 3JF Tel: 01323 370499 10% of your final bill upon production of a valid Carers Card not be used in conjunction with any other offers. Please produce your Carers Card before making payment.
PETS	
My Hound Holidays	Foxes Hollow, Pebsham Lane, Bexhill on Sea, TN40 2RR Tel: 07708 445454 Email: myhoundholidays@outlook.com Website: www.myhoundholidays.co.uk Covering: Eastbourne, Hailsham, Bexhill, St Leonard's on Sea and Hastings. Boarding and day care for small and medium sized dogs, in a home environment. Please see our website or contact us for full details and guest criteria. 10% discount – Cannot be used in conjunction with any other offers.
Ruby Walks Dog grooming & pet care	Jacky Long Tel: 01323 769951 – Mob: 07719 593261 <i>Member of Support with Confidence - East Sussex County Council</i> 25% off your dog's first groom with your Carers Card.
Sussex Pet Services	79 Eastbourne Road, Willingdon. BN20 9NR Tel: 07723 492692 Email: info@sussexpetservices.co.uk Website: www.sussexpetservices.co.uk We provide home vet nursing plus a range of other pet services including transport and feeding & home care in Eastbourne, Hailsham, Bexhill and surrounding areas. 10% off any bookings
PHARMACY	
Procter Health Care Pharmacy	69 High Street, Polegate. BN26 6AH Tel: 01323 481241 Website: www.procterhealthcare.co.uk 10% discount off sales excluding prescriptions
RETAIL	
Bob's Retro Market	32 High Street, Seaford, BN25 1PL Tel: 01323 892444 10% discount.
Flowers of Eastbourne	Unit 42, The Enterprise Centre, Station Parade, Eastbourne, BN21 1BD Tel. 01323 738147 Email: info@flowersofeastbourne.co.uk Website: www.enterprise-centre.org We are a helpful, local florist with passion to create your bouquet requirements or be creative and create something bespoke just for you. Local and international delivery. Fresh and silk flowers. Cover Eastbourne, Pevensey, Westham, Hailsham, Polegate, Langney and Herstmonceaux. 20% Discount – <i>Local only, not international deliveries.</i>
Fonetastic Mobile phones, accessories and support	12 Place Lane, Seaford, BN25 1LA Tel: 01323 492211 20% discount. <i>Excludes phone/dongle top-up.</i>

EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

The Tri Store Triathlon, bikes, clothing etc.	49 Grove Road, Eastbourne, BN21 4TX Tel: 01323 417071 10% off any full price product in store with a Carers Card
Vines Flowers	66 High Street, Westham, Pevensey, BN24 5LP Tel: 01323 762575 10% discount on bouquets over £20.
SPECIALIST SERVICES	
Ashprint Printers	22 South Street, Eastbourne, BN21 4XB Tel: 01323 734645 10% discount on any order over £20 for printing of leaflets, invitations, business cards or clothing.
Blackbourne Iron	6 Seabeach Lane, Eastbourne, BN22 7NZ Tel: 01323 430932 Email: info@blackbourneiron.co.uk Website: www.blackbourneiron.co.uk A Small family business that manufactures and supplies wrought iron style handrails. 10% off all standard handrails and grab rails ordered directly through our website. Please use code 'escarer' in the voucher section at checkout. Bespoke items are excluded and so are sale items and clearance items. For personal use only, not to be used for commercial purposes

HASTINGS & ROTHER

ACTIVITIES AND ATTRACTIONS

White Rock Theatre	White Rock, Hastings, TN34 1JX Tel: 01424 462283 Carers go free with full paying ticket.
Electric Palace Cinema	Email: info@electricpalacecinema.com Website: www.electricpalacecinema.com An independent community cinema in the heart of Hastings Old Town. Carers can have a free tea or coffee – show your card at the bar.

CARE SERVICES

Radfield Home Care	Unit 33, 34 & 35 The Innovation Centre, Highfield Drive, St Leonards on Sea, East Sussex, TN38 9UH Tel: 01424 559202 Email: Hastings.rother@radfieldhomecare.co.uk Website: www.radfieldhomecare.co.uk/026/aboutus Covering Bexhill, St Leonard's, Hastings, Battle and surrounding villages in rural Rother, Radfield Home Care specialises in the care of adults of all ages in the community. Providing a reliable, individually tailored service which promotes independence and enables people to continue living at home. Proud to be members of the Support With Confidence Scheme we can provide help with: Personal Care, Administering Medication, Continence Care, Shopping, Meal Planning & Preparation, Companionship and Respite Care for Carers. £10 off your first invoice
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HASTINGS & ROTHER

Radfield Home Care cont.	PLEASE tell us about the carers card before agreement of any service, the discount cannot be made retrospect or after an invoice has been sent and paid.
FITNESS	
A to Z Fitness	27-29 Sackville Road, Bexhill on Sea, TN39 3JD Tel: 01424 217219 Email: info@myatozfitness.com Website: www.myatozfitness.com We are a fitness studio offering a 30 minute gym circuit consisting of easy to follow resistance machines just for women. 15% off our 'Feather Membership'. Normal price £25.00 Carers Card offer = £21.25. This offer is only for the unlimited gym circuit not any classes. Carers Card must be shown when setting up membership.
Bexhill Leisure Centre - Freedom Leisure	Down Road, Bexhill Tel: 01424 731171 Offer a free casual membership to the gym; £6.80 a session. Classes £6.00
Summerfields Leisure Centre Freedom Leisure	Bohemia Road, Hastings TN34 1ET Tel: 01424 457691 Email: activecommhastings@freedom-leisure.co.uk Website: www.freedom-leisure.co.uk/activecommhastings Offering a friendly welcome to support your physical and mental wellbeing. Carers are eligible for a free annual leisure pass which gives the holder discounted entry on many of our
Summerfields Leisure Centre Freedom Leisure cont.	different programme offerings including gym and swim admission. Please look at our website price page for specifics. Redeemable at Summerfields Leisure Centre, Hastings
FOOD AND DRINK	
Carey's Seafood and Steak Bar	3 The Strand, Rye, TN31 7DB Tel: 01747 224783 10% off meal.
Home Chef Café	401 London Road, St Leonards on Sea, TN37 6PH Tel: 01424 256303 5% discount on food and drinks.
Kingfisher Fish & Chips & Café	6 Castle Street, Hastings, TN34 3DY Tel: 01424 431 932 10% discount on food and drinks. Cannot be used with any other offer.
The Old Grain Store	The Strand, Rye, TN31 7DB Tel: 01797 229290 10% discount.
The Pelham Coffee Lounge	Holliers Hill, Bexhill, East Sussex, TN40 2DD Tel: 01424 576304 Email: office@thepelham.co.uk Facebook page: The Pelham 10% discount on food and drink Please let staff know you have a carers card when placing your order

HASTINGS & ROTHER

Simply Italian	<p>23 High Street, Battle, East Sussex, TN33 0EA Tel: 01424 772100 The Strand, Rye, East Sussex, TN31 7DB Tel: 01797 226024 10% discount to any carer and their guest coming to visit us in any Simply Italian. Show your card before ordering. Offer excludes S! Special Events and any promotional or pre-discounted menus.</p>
Tea Beside The Orchard	<p>Main Road, Icklesham, TN36 4BH Tel: 01797 227219 10% discount. Except on Bank Holidays.</p>
The Turret Grill	<p>Priory Meadow, Hastings, TN34 1PH Mob: 07811 031368 10% discount on food and hot drinks.</p>
FUNERAL DIRECTORS	
C.P.J Field Haine & Son Funeral Directors	<p><u>Battle branch:</u> 19 Market Square, Battle, TN33 0XB Tel: 01424 236000 Email: haine.son.battle@cpjfield.co.uk Website: www.cpjfield.co.uk</p>
C.P.J Field Haine & Son Funeral Directors cont.	<p>At CPJ Field, our solemn promise is that we will help you to make the funeral experience as personal and individual as possible in every detail. Using the experience it has taken our family 325 years to acquire, we'll do all we can to help make a difficult time easier - because in the end, we think you need more than a funeral director. We are offering 10% off our fees on a traditional funeral. <i>This does not include third party fees.</i> The offer can be taken up by carers at the time of arrangement on receipt of a carers card. Not applicable when organising a prepaid funeral.</p>
Alan Gannon & Sons Funeral Directors	<p>1A Theaklen Drive, St.Leonards on Sea, East Sussex. TN38 9AZ Covering: Hastings, St Leonards and surrounding areas (Bexhill Rother etc) Tel: 01424 446395 Email: info@gannonandsons.co.uk Website: www.gannonandsons.co.uk We provide dignified and respectful funeral services for families at their time of need without the large financial burden commonly associated with it. Our traditional cremation service includes everything you need for a funeral to take place. It costs £2650 but does not include a limousine or flowers. We offer carers: a limousine provided gratis OR a further £100 discounted from the final bill to make it £2550 Please mention the carers card at the point of instruction or throughout the arrangements prior to the funeral taking place.</p>
Sayce and Bull Funeral Directors Ltd	<p>38 Sackville Road, Bexhill-on-Sea, TN39 3JE Tel: 01424 730262 Email: info@sayceandbull.com Website: www.sayceandbull.com An independent family owned and run funeral directors that serves the people of Bexhill. Eastbourne, Hastings and surrounding areas.</p>

HASTINGS & ROTHER

Sayce and Bull Funeral Directors Ltd cont.

We are not target driven and do not work on commissions, just family run. Our family helping your family.
10% off fees on a traditional funeral.
This not include third party fees.
The offer can be taken up by carers by showing their card at the time of arrangement or mentioning it beforehand.
Not applicable when organising a prepaid funeral.

HAIR & BEAUTY

Jacobs Barbers

502 Old London Road, Hastings, TN35 5BL
Tel: **01424 204518**
10% Discount.

HEALTH AND WELLBEING

Eden House Day Spa

9 Cambridge Road, Hastings, East Sussex. TN34 1HL
Tel: **01424 430 389**
Email: hello@edenhousespa.co.uk
Website: www.edenhousespa.co.uk
The perfect place to be pampered with a range of services including: waxing, nail treatments and massage. We are proud stockists of Dermalogica, an award winning skin care range. The team look forward to welcoming and looking after you so you can leave feeling refreshed.
15% discount on all treatments (excluding retail products) on a Monday

The Hastings Foot Clinic

St. Andrews Shopping Mews, 1a Waldegrave Street, Hastings, TN34 1SJ
Tel: **01424 446111**
15% off routine chiropody only.
With the discount = £27, Senior Citizen rate with discount = £25.

Tension Takeaway

Based in Bexhill but covers the following areas: Bexhill-on-Sea, Herstmonceux, St. Leonards, Eastbourne (£5 extra for travelling) & Hastings.
Mob: **07808 198505**
£5 off any 1 hour treatment and receive half price treatment if recommended friend books too.

Yoga & Reiki 1066

Sue Palmer
Tel: **07846042374**
Email: sueyoga1066@gmail.com
Community yoga classes suitable for all including chair based yoga or 1:1 sessions & Reiki treatments for both the carer and the adult they care for.
10% off yoga sessions, 1:1 sessions and Reiki treatments. For more information or to book a session please contact Sue and please mention the Carers Card when booking sessions or a treatment.

YouNique Wellbeing Studios

11 Windmill Drive, Bexhill on Sea, TN39 4DG
Tel: **01424 217630**
Email: mail@uniquewellbeing.co.uk
Website: www.youniquewellbeing.co.uk
We offer a range a wide range of therapies and exercise classes and we have a range of Complementary Therapies amongst our other wellbeing services. To complete our holistic approach for stress & pain relief and for relaxation, we also offer Creative Arts and Crafts classes.

HASTINGS & ROTHER

YouNique Wellbeing Studios cont.

Participating Therapists are offering 10% off any single therapy session and £1 off an exercise class.
Nadine Searle is offering “**Ultimate Calming Experience**”
Sunny Bambridge is offering **Aromatherapy Massage**
Sally Hemmings is offering **Tai Chi**
Stephanie Ball is offering **Shiatsu and Yoga**
Peter O’Connor is offering **Reflexology - 10% discount for treatments.** His initial consultations are £40 and subsequent treatments £35.
Visit the website for how more information and advice on how to access the offers.

HOME IMPROVEMENT & MAINTENANCE

Elite Interiors
Curtains & soft furnishings

23 Devonshire Road, Bexhill-on-Sea, TN40 1AH
Tel: **01424 576288**
Variable discount - up to 50% off. Restrictions apply with other offers.

First Windows

46 Western Road, Bexhill-on-Sea, TN40 1DY
Tel: **01424 223389**
5% off locks and keys.

Jen Interiors

79 Mount Pleasant Road, Hastings, TN34 3SL
Mob: **07985 293537**
Email: jen@jeninteriors.co.uk
Website: www.jeninteriors.co.uk
Jen is a professional painter and decorator for interior and exterior works. Cover Hastings and surrounding area, including Bexhill and Battle.
10% Discount on labour, excluding materials. *Mention the Carers Card to Jen during the free quote consultation*

Verrall & Parks
Plumbing & Heating

Unit 3 Courtlands Road, Eastbourne. BN22 8TR
Tel. **01323 737633**
Email: info@verrallandparks.co.uk
Website: www.verrallandparks.co.uk
Covering Eastbourne. Seaford, Polegate, Hailsham, Bexhill and surrounding areas
A trusted name in Plumbing and Heating for over 45 years. All plumbing and heating servicing and repairs covered from a dripping tap to full central heating.
£10 off every gas boiler and fire service.
10% off all plumbing and heating repairs and installations. *Please mention the Carers Card when booking all appointments. ID will be required on arrival of appointment.*

IT - COMPUTERS & PRINTERS

Rock Solid Computing
Installation, repair & support

2, The Mall, Western Road, Bexhill on Sea, TN40 1DX
Tel: **01424 552093**
10% off all services, unless stated.
Cannot be used with any other running offers.

LEGAL AND FINANCIAL

Ashdown Hurrey
Chartered Accountant & Business Advisers

20 Havelock Road, Hastings, East Sussex, TN34 1BP
Tel: **01424 720222**
Carers Card holders are entitled to a free no obligation consultation and **10% off any services subsequently offered.**

HASTINGS & ROTHER

Creed Associates Insurance	104 Sedlescombe Road North, St Leonards on Sea, TN37 7EN Tel: 01424 435600 Carers Card holders are entitled to an introductory fee waiver of £5 on household or motor insurance or free legal expenses cover on any policy arranged through Creed Associates.
Stephen Rimmer LLP Solicitors	Creative Media Centre, 45 Robertson Street Hastings TN34 1HL Tel: 01323 644222 <i>Member of Buy with Confidence – East Sussex County Council</i> 10% discount on fees (subject to terms and conditions)
MOBILITY AIDS	
Clearwell Mobility	Head Office in Burgess Hill Tel: 0845 2211222 Eastbourne: 336/338 Seaside, Eastbourne BN22 7RJ Tel: 01323 484060 Hastings: 24 Castle Street, Hastings TN34 3DY Tel: 01424 439911 Seaford: 3 Old Tree Parade, Broad Street, Seaford BN25 1LT Tel: 01323 491616 Web: www.clearwellmobility.co.uk Carers Card holders receive a 5% discount on goods.
Hastings Shopmobility	Priory Meadow Shopping Centre, Queens Road, Hastings TN34 1PJ Tel: 01424 447847 Wheelchairs and scooters to hire for people who find it difficult to get around. Day-trippers and holiday makers hiring. Will cover Hastings and St. Leonards but will also cater for people who come in from out of town. 10% discount off of any hire and registration
MOTORING SERVICES	
Setyres	Bexhill Road, St Leonards on Sea, Hastings, TN38 8AL Tel: 01424 426214 10% of your final bill upon production of a valid Carers Card not be used in conjunction with any other offers. Please produce your Carers Card before making payment.
OTHER	
Newmans Dry Cleaners	62 Bohemia Road, St Leonards on Sea, TN37 6RQ Tel: 01424 465006 10% discount. Not on repairs or laundry.
PETS	
My Hound Holidays	Foxes Hollow, Pebsham Lane, Bexhill on Sea, TN40 2RR Tel: 07708 445454 Email: myhoundholidays@outlook.com Website: www.myhoundholidays.co.uk Covering: St Leonard's on Sea, Hastings, Bexhill, Eastbourne and Hailsham Boarding and day care for small and medium sized dogs, in a home environment. Please see our website or contact us for full details and guest criteria. 10% discount – Cannot be used in conjunction with any other offers.

HASTINGS & ROTHER

RETAIL

Adams of Rye Ltd Printers & Stationers	8 High Street, Rye, TN31 7JH Tel: 01797 223136 10% discount off goods. Excludes: stamps, book tokens, books and newspaper magazines.
CJ Greetings of Rye Cards, gifts, balloons & party supplies	41 Cinque Ports Street, Rye, TN38 9ET Tel: 01797 458030 10% discount on everything except only 5% discount on balloons.
Ejuiceology e-liquid specialists	14 Queens Road, Hastings, TN34 1QY 39 Western Road, Bexhill, TN40 1DT 377 London Road, Silverhill, St.Leonards on Sea, TN37 6PA Tel: 01424 547085 Web: www.ejuiceology.com Facebook: ejuiceology Free bottle with any purchase of £10 and above
Masey's Furnishers	32 St Leonards Road, Bexhill-on-Sea, TN40 1HT Tel: 01424 220008 10% discount upon production of your Carers Card.
Mint Ideas Furniture, accessories & gifts	40 The Mint, Rye, TN31 7EN Tel: 01797 224572 10% discount.
R&R Watches	5 The Mall, 28 Western Road, Bexhill-on-Sea Mob: 07568 546809 10% off all watches and clocks. Excludes batteries and straps.

SPECIALIST SERVICES

Angel Care Services Domestic help & support	Cover the Hastings, St. Leonard's, Bexhill and Fairlight areas. Mob: 07973 612439 Contact Annette for more information on discount prices, as these can vary depending on your requirements.
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TRAVEL & PARKING

Town Taxis	16 Station Road, Bexhill-On-Sea, TN40 1RE Tel: 01424 733733 Email: towntaxis@hotmail.com Website: www.towntaxis.com Town Taxis was established in June 1993. As a family run business we take pride in offering our customers an efficient and reliable service, backed by a variety of vehicles from Salon Cars to Wheelchair Accessible vehicles and People Carriers. We are based in Bexhill but do take passengers to and from all surrounding areas. We offer carers with a carer card a 10% discount off their fare. <i>This discount can't be used with any other offer Town Taxis may offer. Please advise the controller at the time of booking that you will be using your Carer Card or if you are using one of our taxis off a taxi rank please let the driver know that you will be using your card before your journey commences.</i>
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HIGH WEALD, LEWES & HAVENS

ACTIVITIES AND ATTRACTIONS

<p>Lewes Depot</p>	<p>Pinwell Road, Lewes. BN7 2JS (adjacent to the railway station) Tel: 01273 525354 Email: boxoffice@lewesdepot.org Website: www.lewesdepot.org An award-winning independent 3-screen cinema and café-restaurant offering offer an innovative programme of mainstream, art house and independent films; world cinema, documentaries and classic films; along with special events, guest speakers and workshops. Carers with the East Sussex Carers Card will receive a discounted ticket of £4 before 5pm during the week.</p>
<p>Lewes Football Club</p>	<p>The Dripping Pan, Mountfield Road, Lewes BN7 2XA Tel: 0203 920 7442 Email: info@lewesfc.com Website: www.lewesfc.com A community owned and run football club. The mens first team currently plays at the sixth level of mens football and the women's team currently play in the second tier of women's football. Free admission on production of the carers card. Please produce your card at the turnstile to gain entry</p>
<p>Newhaven Scuba Centre</p>	<p>101 Fort Road, Newhaven, BN25 3DH Tel: 01273 612012 10% discount on all products and training. Excludes O'Three products and any other offers.</p>
<p>Paradise Park</p>	<p>Avis Road, Newhaven, BN9 0DH Tel: 01273 512123 50% off entry prices for attractions. For every £10 spent on garden sundries, plants, giftware, pet and aquatics, seeds, bulbs, outdoor sundries, sweets, books and clothing, a £1 plant voucher will be issued. For every £50 spent on furniture, machinery, barbecues, hard landscaping, ponds and pumps, a £2.50 plant voucher will be issued. Take your Carers Card to the customer service desk and they will issue you with your Loyalty Club Card.</p>
<h2>ESTATE AGENCIES</h2>	
<p>Angela Marden Estate Agents</p>	<p>55 Hawkley Crescent, Hailsham BN27 3GH Tel: 01323 818000 Email: angela@angelamarden.co.uk Website: www.angelamardenestateagents.co.uk Uckfield & Heathfield area. Residential sales and lettings providing a one to one personal service from start to finish. There is no tie in period and I only work with 10 properties at any time. I offer a bespoke service with no pressure and I guarantee to be cheaper than the high street agents. 10% off fees</p>
<p>Westwoods Estate Agents Ltd</p>	<p>52 High Street, Heathfield, TN21 8JB Tel: 01435 868020 10% discount on our standard fees.</p>
<p>Wood and Pilcher Estate Agents</p>	<p>27 High Street, Heathfield, TN21 8JR Tel: 01435 862211 Receive a 10% discount on our fees with your discount card. Disclose you are a carer and show the card before signing our terms of business where the fees are confirmed.</p>

HIGH WEALD, LEWES & HAVENS

FITNESS

Heathfield Leisure Centre - Freedom Leisure

Heathfield Leisure Centre, Cade Street, Old Heathfield, TN21 8RJ

Tel: **01435 868824**

Offer a free casual membership to the gym; £4.00 a session.

Wave Leisure Trust

Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG

Tel: 01273 486000

Peacehaven Leisure Centre, Greenwich Way, Peacehaven, BN10 8BB

Tel: 01273 588858

Seahaven Swim & Fitness Centre, 6 Chapel Street, Newhaven, BN9 9ON

Tel: 01273 512498

Email: memberships@waveleisure.co.uk

Website: www.waveleisure.co.uk

We are a charitable not for-profit company working to inspire active lifestyles through providing high quality, affordable and assessable health and fitness and activity for the local community.

Carers can join on a discounted corporate membership. Our corporate memberships include:

- UNLIMITED gym, [swimming](#) and [group exercise classes](#) at all of our centres*
- 2 x 45 minute appointments with a qualified Fitness Instructor who will tailor a personal fitness plan for you
- Free personal plan review every 10-12 weeks to develop your goals and track progress
- Free Boditrac precision body composition scan available to every new member

Pricing:

- **MAX** - Discounted rates for a 12 month commitment to fitness. **No joining fee! £36.75 per month by direct debit**
- **MAX Annual** - Our BEST value package. Prepay for the year and get two months free. **That's 14 months of fitness for the price of 12! No joining fee! £441 per annum**
- **FLEX** - Our rolling month-to-month contract for full flexibility. **Subject to a joining fee of £39.95. £42.95 per month by direct debit**

Proof of your carers card will be required when you join onto a corporate membership.

FOOD AND DRINK

Aroma
Diner & Takeaway

49 High Street, Heathfield, TN21 8HD

Tel: **01424 715685**

10% discount Monday-Friday during the daytime.

The Laughing Fish
Pub Restaurant

Station Road, Isfield, Uckfield, TN22 5XB

Tel: **01825 750349**

20% off food for up to four people dining together. Not to be used in conjunction with any other offer (e.g. Laughing Fish Loyalty Card). Not valid on Mothering Sunday, Father's Day, Bank Holidays, Monthly special food evenings, or special Christmas menu.

Noble Wines

140 High Street, Uckfield, TN22 1QR

Tel: **01825 760680**

10% off any wine.

Discount excludes any existing offers.

HIGH WEALD, LEWES & HAVENS

Pilio Bistro Greek Restaurant	The Old Station, Station Approach, Heathfield, TN21 8HU Tel: 01435 863376 Email: pilio@btinternet.com Website: www.piliobistro.co.uk 5% discount on food and drink
Robson's of Lewes coffee shop	22a High Street, Lewes, BN7 8LN Tel: 01273 480654 10% off coffee and take away orders.
The Seasons Forest Row and Lewes Now trading on Sundays from 10am until 4pm, and offering click + collect and home delivery service.	Medway House. Lower Road, Forest Row , RH18 5HE Tel: 01342 24673 16 -17 Cliffe High Street, Lewes , BN7 2AH Tel: 01273 359 200 Email: info@seasonsforestrow.co.uk Website: www.seasonsforestrow.co.uk Family run, independent health food shops and social hubs of the local community in the vibrant village of Forest Row, nestled in the heart of the Ashdown Forest and in the historic town of Lewes. Product Ranges Includes Local, Organic, Biodynamic and Eco-friendly. 10% discount off anything in the shop, no restrictions. To use the online shop, please email a photo of your carers card, that will add that to your account, and from there onwards you will get the discount at the checkout.
Veasey and Sons Fishmongers	17 Hartfield Road, Forest Row, RH18 5DN Tel: 01342 822906 5% off
Wholefoods Health Store	3 Station Approach, Heathfield, TN21 8LG Tel: 01435 866532 10% off everything.
FUNERAL DIRECTORS	
Wealden Funeral Services Ltd	64 High Street, Heathfield. TN21 8JB Tel: 01435 868844 Email: andy.kirk@wealden-funerals.uk Wealden Funerals is a true independent funeral director assuring you of the highest care and compassion at prices that are fair to everyone. All funeral director prices will be discounted by 10% on production of your Carers Card.
HAIR & BEAUTY	
Alisun Salon Tanning, Toning Health & Beauty	1 Sussex House, The Broadway, Crowborough, TN20 6UJ Tel: 01892 662266 10% discount.
Aspasia Beauty treatments	4, The Parade, Eridge Road, Crowborough, TN6 2SH Tel: 01892 613325 25% discount.
The Beauty Room	Crowborough Hill, Jarvis Brook, Crowborough, TN6 2EG Mob: 07909 178475 15% off any treatments in the beauty room. Excludes gift shop/flower purchases.

HIGH WEALD, LEWES & HAVENS

Blu Barbers

The Old Pump House, High Street, Crowborough, TN6 2QB
Tel: **07902 513676**
Facebook page: Pinks Blu Crowborough
£2 off Adult cut (normally £11)
£1 off OAP and Children's cut (normally £8) with your Carers Card.
Offer is not valid on Saturdays.

HEALTH AND WELLBEING

Anti Aging Therapy

2 Canada Close, Telscombe Cliffs, Peacehaven, BN10 7JH
Areas covered: East Saltdean, Peacehaven, Newhaven, Seaford & Eastbourne
Mob: **07725 999650**
Email: paula@antiaging-therapy.co.uk
Website: www.antiaging-therapy.co.uk
Natural holistic treatments to help slow down the ageing process. Relaxing Natural Face Lift Massage – neck, shoulders and face to lift your muscles & condition your skin to promote relaxation and calm. Rejuvenating Laser – stimulates collagen production and reduces expression lines & wrinkles. Holistic Facial – Luxurious pamper to soften, tone and refine skin.
25% off single treatments at each visit

Cordelia Stocks Hand and Foot Reflexologist

Covering Crowborough and a 10 miles radius
Tel: **07872891528**
Email: blossomcottage@icloud.com
Website: <https://www.crowboroughreflexologists.co.uk/about>
Hand reflexology offers a gentle treatment for the more fragile client, especially helpful for sleep problems, anxiety, arthritis, dementia, confusion and head and neck pain. Foot reflexology is a relaxing and complete approach to the body of the client aiding a sense of peace, wholeness and healing for every condition and everyday wellness. I am an experienced and caring Therapist working with people of every age and health. Member of the Association of Reflexologists DRB enhanced certificated.
Discount of £10 discount per treatment for Carers.

Hailsham Foot Clinic

Hawthorn Cottage, Lower Dicker, Hailsham, East Sussex, BN27 4BJ
Tel: **01323 841337**
Mobile: **07828 400 005**
Email: steve@hailshamfootclinic.co.uk
Website: www.hailshamfootclinic.co.uk
Covering **Heathfield, Uckfield &** surrounding areas
Hailsham Foot Clinic provides a wide range of foot care in a beautiful garden clinic setting which is fully air conditioned or heated. Or we can come to you as a domiciliary home visiting service where you can have your feet done in the comfort of your own home.
Treatment Costs are £25.00
30% off of your first visit

HIGH WEALD, LEWES & HAVENS

Heavenly Souls	Unit 1, Brooksmarle Farm, Ham Lane, Burwash. TN19 7ER Tel: 07921 381761 Email: info@heavenlysouls.co.uk Website: www.heavenlysouls.co.uk A holistic therapist offering reflexology, altantean healing, crystal healing, angelic reiki, aromareflex. Also a fertility reflexology specialist. For more information, please visit the website. £15 off any treatment
HOME FURNISHINGS	
The Personal Touch Interiors Interior design & home accessories	22 The High Street, Heathfield, TN21 8LS Tel: 01435 860603 20% off
HOME IMPROVEMENT & MAINTENANCE	
Premier Carpets	85 South Coast Road, Peacehaven, BN10 8QS Tel: 01273 588830 10% discount except during sale periods.
LEGAL AND FINANCIAL	
Green Lane Trust Solutions Will Writing & Trust Planning	Heathfield - Mob: 07561 508857 Minimum of 10% off our current price for any work undertaken. This includes any offers applicable at the time.
Mobility Aids	
Procter Health Care	1 Station Road, Heathfield, BN21 8LD Tel: 01435 862067 Email: heathfieldsr@npanet.co.uk Website: www.procterhealthcare.co.uk Offering a range of products to assist with mobility and disability as well as helping recuperation from short term issues. 10% off sales over £10 Please mention and show Carers Card at the till on the first visit. Details can then be taken to allow phone sales in the future. Delivery available across East Sussex.
MOTORING SERVICES	
Setyres	Heathfield: Burwash Road, Heathfield, TN21 8QZ Tel: 01435 867606 Uckfield: 32 Bell Lane, Bellbrook Industrial Estate, Uckfield Tel: 01892 765944 10% of your final bill Card not be used in conjunction with any other offers. Please produce your carers card before making payment.
Uckfield Garage	143 High Street, Uckfield, TN22 1EJ – Tel: 01825 768316 10% discount on all labour charges. Please mention prior to booking appointment.
We Buy Cars - Sussex.com	79 South coast Road, Peacehaven, BN10 8QS Tel: 01273 585353 10% discount on cars, MOT and service.
OPTICIANS	
Ingram & Schofield Independent Opticians	224 South Coast Road, Peacehaven. BN10 8JR Tel: 01273 582549 Email: info@ingramandschofield.com Website: www.ingramandschofield.com

	A friendly, professional team who can support your individual eye care needs: NHS and private eye tests, hearing tests,
HIGH WEALD, LEWES & HAVENS	
Ingram & Schofield Independent Opticians Cont.	specialists for patients and children with low vision, cataracts, macular degeneration, varifocals, contact lenses and frames. We can do home visits for those who have difficulty leaving the home and we also accept outside prescriptions. 20% discount on spectacles OR a upgrade to colour adapting lenses. Cannot be used in conjunction with any NHS vouchers, any other offer or against against our 'complete bargain range' which includes frame and lenses for £69
PHARMACY	
Paydens Pharmacy Wadhurst	High Street, Wadhurst TN5 6AP Tel: 01892 782058 Paydens is an independent family owned company with pharmacies across the South-East of England. Website: www.paydens.com or www.paydenspharmacy.co.uk 10% discount on retail items This excludes items that have prices on the packaging and prescriptions
Procter Healthcare Pharmacy	63 High Street, Heathfield TN21 8 HU Tel: 01435 862064 Website: www.procterhealthcare.co.uk 10% discount off sales excluding prescriptions
RETAIL	
A Tompsett & Son Ltd Shoe shop	72 High Street, Heathfield, TN21 8JD Tel: 01435 862343 5% off except on sale goods.
Aunty Wainright Antiques Home furnishing, antiques & jewellery	41 High Street, Heathfield, TN21 8HU Tel: 01435 866935 10% discount on items over £10 except for sale or non-discount items.
Bone Clothing Mens clothing	36 High Street, Lewes, BN7 2LU Tel: 01273 488800 10% discount in store only.
Crowborough Shoe Repairs	4, The Broadway, Crowborough, TN6 1DF Tel: 01892 668076 10% discount with your Carers Card.
Footcraft Shoe repairs & key cutting	170 High Street, Uckfield, TN22 1AU Tel: 01825 766625 10% off all repairs and key services. Offer is subject to conditions – please enquire in store for more details.
Intersport of Lewes Sportswear & sporting equipment	53 Cliffe Street, Lewes, BN7 2AN Tel: 01273 475235 10% discount. May not be used in conjunction with other offers.
Luggage etc. Lewes	22 High Street, Lewes, BN7 2LN Tel: 01273 478471 10% discount on everything (including sale items).
The Flower Workshop	Shop 3, Ivyholme, Station Road, Heathfield, TN21 8LB - Tel: 01435 863333 10% discount on anything in the shop except sale items.

Uckfield Electrics Domestic Appliances	63 High Street, Uckfield, TN22 1AP Tel: 01825 769292 5% discount on listed prices.
Walls of Fame	13 High Street, Heathfield, TN21 8LU Tel: 01435 865955 Offer 20% discount on regular price

OTHER OFFERS

Cinemas	Cinema Exhibitors' Association (CEA) Card is a national concessionary card developed by the Cinema Exhibitors' Association for UK cinemas, to allow people with disabilities to obtain one free ticket for a person accompanying them to the cinema. For more information or apply for a card visit: www.cinemauk.org.uk/ceacard
Eastbourne Libraries	Carers library membership includes exemption from overdue charges and free CD audiobook hire Home Library Service can arrange for you to have your library books delivered to your home on a regular basis, at a time convenient for you. We offer books in standard and large print and also have a wide range of audio books on CD. This service is free. Tel enquiries: 0345 6080196 10am to 5pm Monday to Saturday https://www.eastsussex.gov.uk/libraries/locations/home-library-service/
Eastbourne Theatres	Eastbourne Theatres operate a free scheme for those whose need an Essential Companion to be with them at a show in order to assist them. Application forms are available from box office by calling 01323 412000 or by downloading the Essential Companion Scheme Application Form: https://www.eastbournetheatres.co.uk/your-visit/access
National Trust	National Trust offer an Admit One card for disabled visitors. The card is issued in the name of the disabled person and allows them to take a companion/carer with them. This is free of charge and does not restrict them to taking the same person each time. The disabled person can be either a member or a paying visitor – their companion/carer goes in free. The card is valid for one year from date of issue, and is available on request. For more information visit: www.nationaltrust.org.uk/features/access-for-everyone Tel: 0344 800 1895 Email: enquiries@nationaltrust.org.uk

OTHER CARD SCHEMES

Discount for Carers	Discount for Carers is one of the UK's leading providers of Carer discounts offering discounts from 100s of brands. The website also has information and tips about money, saving, lifestyle and health & wellbeing. For more information and to register visit: www.discountsforcarers.com
CarerSmart	CarerSmart is a club from Carers Trust open to carers, people with care needs and staff and volunteers across the Carers Trust network. Joining is easy and free, once you are a member, you can benefit from a wide range of offers. For more information and to register visit: www.carersmart.org
Towncitycards.com <i>Support local businesses</i>	Town City Cards are the new way of finding local discounts & offers. . Website: https://1066local.com/User/MyCards

Towncitycards.com
Support local businesses
Cont.

To register for a **FREE** card: visit the website, click 'CARDS' and activate voucher code cftc2020, click 'Register an account' and complete the required details
You are then ready, use the Discount Map to find an offer.
When you go along to the business show your digital Town City Card and ask for the discount.
You will be amazed at how much money you will save!

UTILITIES SUPPORT

ofgem

Making a positive difference
for energy consumers

Utilities - Priority Services Register

The PSR is a free service provided by suppliers and network operators. It ensures the most vulnerable customers have access to the support they need in relation to their energy supply. It allows individuals to get additional help from their supplier, at no cost to themselves.

You are eligible to register and receive support if you:

- are of pensionable age
- are disabled or chronically sick
- have a long-term medical condition
- have a hearing or visual impairment or additional communication needs
- are in a vulnerable situation e.g.
 - people with certain mental health conditions which impact understanding of a bill.
 - people who cannot top up their pre-payment meter due to injury.
 - temporary circumstances, where you might need extra support for a limited amount of time.

Help you can get by being on the register

The support you get may depend on your supplier, examples of support include:

- Advance notice of planned power cuts.
- Priority support in an emergency.
- Identification scheme.
- Password protection.
- Nominee scheme.
- Arrangements to ensure that it's safe and practical for you to use your prepayment meter.
- Meter reading services.
- Account and bill information in an accessible format,

To get on the register contact your energy supplier.

Contact details will be on your bill.

- Each energy supplier and network operator maintains its own register.
- If you have a different supplier for your gas and electricity, you need to contact them both.
- If you switch supplier, you'll need to register for the service again with them.

For more information please visit the website:

<https://www.ofgem.gov.uk/consumers/household-gas-and-electricity-guide/extra-help-energy-services/priority-services-register>

 Southern Water

Southern Water also have a confidential register and provide a range of priority services for customers who have individuals needs or require additional support.

Register:

Online - <https://www.southernwater.co.uk/account/extra-help-and-support>

Phone (free) - **0800 027 0800** Monday to Friday 9am – 5pm

No one left to care alone

Phone: 01323 738390

Email: info@cftc.org.uk

Text: 07860 077300

Visit: www.cftc.org.uk



Registered with
FUNDRAISING
REGULATOR



bacp | Accredited
Service



NHS
East Sussex
Clinical Commissioning Group

A Network Partner of
**CARERS
TRUST**

Charity Number: 1074906. Registered Company No: 3677361. Registered address: Care for the Carers. Highlight House,
8 St. Leonards Road, Eastbourne, East Sussex. BN21 3UH