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.

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
**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](http://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](http://www.buses.co.uk/helpinghand). For more accessibility information, see [http://www.buses.co.uk/information/accessible-buses-wheelchairs.aspx](http://www.buses.co.uk/information/accessible-buses-wheelchairs.aspx)

**How?**

You'll 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

<table>
<thead>
<tr>
<th>Queensmead Residential Care Home</th>
<th>Victoria Road, Polegate, BN26 6BU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chanctonbury Healthcare Group</td>
<td>Tel: 01323 487931</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:reception@queensmead-care.com">reception@queensmead-care.com</a></td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.chanctonbury-care.com">www.chanctonbury-care.com</a></td>
</tr>
</tbody>
</table>

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

## HEALTH & WELLBEING

<table>
<thead>
<tr>
<th>Kamsons Pharmacy</th>
<th>Offering information, advice and products across East Sussex</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>13 stores across the county:</td>
</tr>
<tr>
<td></td>
<td>- Eastbourne: Albert Parade, Bolton Road, Milfoil Drive, Meads Street, Victoria Drive</td>
</tr>
<tr>
<td></td>
<td>- Hailsham: Hawkswood Road</td>
</tr>
<tr>
<td></td>
<td>- Hastings: York Buildings</td>
</tr>
<tr>
<td></td>
<td>- Peacehaven: South Coast Road</td>
</tr>
<tr>
<td></td>
<td>- Stone Cross</td>
</tr>
<tr>
<td></td>
<td>- Telescombe Cliffs: Central Ave</td>
</tr>
<tr>
<td></td>
<td>- Uckfield: High Street, Selby Hospital, Bell Farm Road</td>
</tr>
</tbody>
</table>

For further details visit [www.kamsons.co.uk](http://www.kamsons.co.uk)

10% discount on retail items (not prescription charges)

<table>
<thead>
<tr>
<th>STT Eastbourne Soft Tissue Therapy</th>
<th>Jason Paterson - Soft Tissue Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>94 Victoria Drive BN20 8LF</td>
<td>07980 339864</td>
</tr>
<tr>
<td>Also works in various locations across the county and can do home visits by arrangement.</td>
<td></td>
</tr>
<tr>
<td>Mob:</td>
<td><a href="mailto:jason@stteastbourne.com">jason@stteastbourne.com</a></td>
</tr>
</tbody>
</table>

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
<table>
<thead>
<tr>
<th>COUNTY WIDE</th>
<th>East Sussex &amp; Kent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilson, Wilson &amp; Hancock</td>
<td>12 – 14 Cambridge Road, Hastings. TN34 1DJ</td>
</tr>
<tr>
<td></td>
<td>223A High Street, Lewes. BN7 2AF</td>
</tr>
<tr>
<td></td>
<td>63 Cinque Ports Street, Rye. TN31 7AN</td>
</tr>
<tr>
<td></td>
<td>7 High Street, Tenterden, Kent. TN30 6BN</td>
</tr>
<tr>
<td></td>
<td>Tel:</td>
</tr>
<tr>
<td></td>
<td>Hastings 01424 421717</td>
</tr>
<tr>
<td></td>
<td>Lewes 01273 472360</td>
</tr>
<tr>
<td></td>
<td>Rye 01797 223700</td>
</tr>
<tr>
<td></td>
<td>Tenterden 01580 762069</td>
</tr>
<tr>
<td></td>
<td>Email:</td>
</tr>
<tr>
<td></td>
<td>Hastings <a href="mailto:hastings@wilsonwilsonandhancock.co.uk">hastings@wilsonwilsonandhancock.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Lewes <a href="mailto:lewes@wilsonwilsonandhancock.co.uk">lewes@wilsonwilsonandhancock.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Rye <a href="mailto:rye@wilsonwilsonandhancock.co.uk">rye@wilsonwilsonandhancock.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Tenterden <a href="mailto:tenterden@wilsonwilsonandhancock.co.uk">tenterden@wilsonwilsonandhancock.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.wilsonwilsonandhancock.co.uk">www.wilsonwilsonandhancock.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>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 &amp; William Harvey Hospital clinics. Offer: <strong>10% off complete new spectacles purchased. Excludes budget frames</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOME FURNISHINGS</th>
<th>Discount Home Textiles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online store</td>
<td>WEBSITE: discounthometextiles.co.uk</td>
</tr>
<tr>
<td></td>
<td>Tel: 0161 222 8891</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:info@discounttextiles.co.uk">info@discounttextiles.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Quality bedding, curtains, soft furnishings, bed frames, mattresses and bedroom furniture at discount prices. <strong>5% off all online purchases</strong> using code: <strong>carers5</strong> at the checkout</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOME IMPROVEMENTS &amp; MAINTENANCE</th>
<th>NM Plumbing and Heating Ltd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neil is Gas Safe Registered and covers the whole of East Sussex</td>
<td>Chyngton House North, Hamsey Rd, Seaford, BN25 4DW</td>
</tr>
<tr>
<td>Tel: 01323 899373 or 07759 298184</td>
<td>5% discount on services.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IT - COMPUTERS &amp; PRINTERS</th>
<th>First Call Inks Ltd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ink Cartridges</td>
<td>Based in Eastbourne with website for online orders 477 Seaside, Eastbourne BN22 7SA</td>
</tr>
<tr>
<td></td>
<td>Tel: 01323 430060</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:sales@firstcallinks.co.uk">sales@firstcallinks.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.firstcallinks.co.uk">www.firstcallinks.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>We are one of the largest UK printer ink cartridge distributors. <strong>Winner of WHICH? Magazine Best Printer Ink Brand 2017</strong></td>
</tr>
<tr>
<td></td>
<td><strong>15% discount off purchases.</strong> Offer can be accessed online - Please use <strong>Offer Code: 430060</strong> in the Promotional Code box at the checkout.</td>
</tr>
<tr>
<td></td>
<td>We welcome customers to our shop Monday - Friday 9am - 4.30PM</td>
</tr>
<tr>
<td><strong>COUNTY WIDE</strong></td>
<td></td>
</tr>
<tr>
<td>-----------------</td>
<td></td>
</tr>
<tr>
<td><strong>LEGAL AND FINANCIAL</strong></td>
<td></td>
</tr>
</tbody>
</table>
| **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** |
| **Heringtons Solicitors** | Tracey May F.Inst.para - Vulnerable Client Services Executive  
Offices in Battle, Bexhill, Eastbourne, Hastings and Rye  
Tel: 01323 411020  
Email: tmay@heringtons.net  
Tracey is happy to have a **free half hour consultation** with any carer or their family in respect of **Lasting Powers of Attorney, Court Protection and benefits advice**.  
Contact Tracey May directly |
| **OTHER** |
| **Fuss Free Phones** | Tel: 020 8002 0000  
Email: happytohelp@fussfreephones.com  
Website: www.fussfreephones.com  
Fuss Free Phones is a mobile network with national coverage on O2. We have a telephonist service that helps older people and those with sight or hearing impairment to make calls, send texts and look up information on the Internet. All telephonists are warm, friendly, and based in the UK. The service hold a list of trusted contacts; only those people can call you direct, everyone else is filtered by the telephonists. The service is normally £20 a month for 600 minutes of call time, unlimited texts, 24/7 access to the telephonists and no nuisance calls.  
**We are offering the service for £10 a month to all carers. We also have great offers and discounts on mobile phones.** Only one subscription per household.  
There is no contract. Receive your money back within 30-days of purchase and cancel at any time with 30 days’ notice. To receive the offer, email, call or complete the contact us form on our website. Mention the Carers Card and the offer you are claiming. |
Town City Cards gives members exclusive discounts in Sussex. **Anything up to 25% off, 2 for 1 deals & free drinks** with businesses, family attractions, restaurants & shops are included. The discounts are not one offs, you can redeem them again & again. The membership costs £9.99 and is valid until the end of the year. See the full list at: www.towncitycards.com/everywhere.

**40% discount for carers (£6 – incl. P&P)**
See website for Terms and Conditions https://www.towncitycards.com/terms-conditions/

---

**Amarisa Bed & Breakfast**
Amarisa, Berwick, Polegate, BN26 6TB
Tel: 01323 870555

**A discounted 2, 3 or 4 night break** Monday – Thursday. Weekends by arrangement.

**Prices:**
- Two nights are £130 for two people (**25% discount**), or £95 for one person.
- Three nights are £175 for two people (**30% discount**) or £135 for one person.
- Four nights are £220 for two people (**35% discount**) or £170 for one person.

2-3 nights available October – April, 4 nights available October – June. Excludes Christmas & Bank Holidays. Longer stay by arrangement. (A cardholder may bring 1 guest).

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**Butlin’s**
**Enjoy the best of Butlin’s, plus £20 off!**

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:
- 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

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.** For full terms and conditions, please visit butlins.com/terms
**COUNTY WIDE**

**Butlin’s**

**Enjoy the best of Butlin’s Live Music Weekends, plus £20 off!**

Butlin’s Live Music Weekends provide you and your friends a great getaway to relax, have fun and enjoy good music and good times. Butlin’s three seaside resorts; Bognor Regis, Minehead and Skegness play host to a range of 3 nightweekenders that cater for all musical tastes as well as headline tours and sporting events.

So whether you enjoy anything from Pop to Disco to smooth Soul or even if you’re looking for a specialist weekend featuring great headline acts performing live, a Butlin’s Live Music Weekend could be the perfect getaway. You can enjoy the discount at all three of our resorts:

- 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

To book your Butlin’s break, call **0330 100 6652** or visit [BIG WEEKENDS.COM](http://bigweekends.com) and search for PRIVELGE HOLIDAY CLUB making sure to quote QQ209.

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. For full terms and conditions, please visit [butlins.com/terms](http://butlins.com/terms).

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**Park Holidays UK**

Glovers House, Glovers Lane, Bexhill on Sea, East Sussex. TN39 5ES
Tel: **0343 178 7070**
Email: [holidaysupport@parkholidays.com](mailto:holidaysupport@parkholidays.com)
Website: [www.parkholidays.com](http://www.parkholidays.com)

27 Holiday Parks offering caravan holidays in: Suffolk, Essex, Kent, Sussex, Hampshire, Dorset, Devon.
Accessible accommodation available at some sites.

**20% Discount off brochure price for holidays costing from £89.00 short breaks - £149.00 week holidays**

Please mention the Carers Card before completing the booking.

---

**The Sanctuary Retreat Holiday Park**

**Autism Friendly**

Leather Waggon, Pett Level Road, Fairlight, Hastings, 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.

---

**Stone Ness Short Breaks**

Jean Burgess - Stone Ness Walled Garden, Ashurst, Tunbridge Wells, Kent. TN3 9SU
Tel: **01892 740305**
Website: [www.stonenesswalledgarden.org](http://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
COUNTY WIDE
SPECIALIST SERVICES

Self Storage Space
NEW!
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.

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
NEW!
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 which 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.
Participating member of the CEA Card Scheme so enjoy a visit
with the person you care for or take a break from caring and use
the carers card for discount.

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.

Sussex Darkside
Upper Dicker, near Hailsham, East Sussex, BN27 3QS
Tel: 07956 307684
Pay a discounted price of £10 per person with a Carers
Card (usually £12).
Only available in the Michelham Priory location.
**EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS**

| **Towner** | Devonshire Park, College Road, Eastbourne, BN21 4JJ  
Tel: 01323 434670  
Website: [www.townereastbourne.org.uk](http://www.townereastbourne.org.uk)  
10% off all Towner promoted events and exhibitions. Not valid for events presented by third parties. |

**CARE SERVICES**

| **Meads Care** | 26 Denton Road, Meads, Eastbourne. BN20 7ST  
Tel: 01323 732632  
Email: enquiries@nifinarltd.com  
Website: [www.meadscare.com](http://www.meadscare.com)  
Meads care is an established, family run care service with 20 years of specialist experience in providing care for people living with dementia, as well as individuals affected by past or present mental health challenges. Meads Care Team offer a range of care services from professional care in your home to long term residential care as well as day care. We provide person centred care, considering the needs of our residents and care home clients with sensitivity and respect.  
**10% off day and respite visits to Meads House**  
**10% off Every 10 hours booked for community/home care visits**  
The Home Care service is available in Eastbourne and surrounding 10 mile radius.  
Please mention the Carers Card before the booking is made. Once the booking is confirmed, carers will need to submit a copy of the card at some point for records. |

**ESTATE AGENCIES**

| **Angela Marden Estate Agents** | 55 Hawkley Crescent, Hailsham BN27 3GH  
Tel: 01323 818000  
Email: angela@angelamarden.co.uk  
Website: [www.angelamardenestateagents.co.uk](http://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** | 30 High Street, Hailsham, BN 27 1BB – Tel: 01323 841814  
7 The Triangle, Willingdon, BN20 9PJ – Tel: 01323 482700  
10% discount on estate agency fees with your Carers Card. Excluding promotional offers. |

| **Rowland Gorringe Estate Agency** | Station Approach, Seaford, BN25 2AR  
Tel: 01323 490680  
10% discount on their estate agency fees with your Carers Card. |

**FITNESS**

| **Energie Fitness** | 66 Grove Road, Little Chelsea, Eastbourne, BN21 4UH  
Tel: 01323 722266  
Join Energie Fitness for £45 and pay a monthly fee of £35 to use the women-only gym with a Carers Card (minimum commitment of 12 months.) Usually £89 joining fee and £48 a month. Before signing up, mention that you qualify for the carer’s discount, and show your Carers Card when paying. |
## 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: sport@eastbourne.gov.uk  
Website: [www.sporteastbourne.com](http://www.sporteastbourne.com)

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.

### Hailsham Leisure Centre - Freedom Leisure

Vicarage Lane, Hailsham BN27 2AX  
Tel. **01323 846755**  
[www.freedom-leisure.co.uk/centres/hailsham-leisure-centre](http://www.freedom-leisure.co.uk/centres/hailsham-leisure-centre)

**Carers pay £2.15 for a swim, £2.15 for bowling**  
*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 £5.15 (normally £7) for each session.  
Both can be used between the hours of 10am and 5pm Mon - Fri and anytime weekends.

### Sovereign Centre

Royal Parade, Eastbourne, East Sussex, BN22 7LQ  
Tel. **01323 738822**  
Gym, Swim and Class Membership - **£23.95 (discounted from £30)**

### FOOD AND DRINK

#### Castle Cottage Tearoom

High Street, Pevensey, BN24 5LE  
(next to Pevensey Castle)  
Tel: **01323 762155**  
Email: [enquiries@castlecottagetearoom.com](mailto:enquiries@castlecottagetearoom.com)  
Website: [www.castlecottagetearoom.com](http://www.castlecottagetearoom.com)

*Vintage tearoom serving tea ‘as it used to be’ including sandwiches, cream teas, cakes and other goodies, all home made on the premises.*  
*10%of bill for carers*

#### Cook

3A Meads Street, Eastbourne BN20 7QT  
Tel: **01323 738525**  
Food for your freezer - Home delivery  
*10% discount on all products in store and for delivery.*

#### Downsview Butchers

8 Freshwater Square, Eastbourne, BN22 0PR  
Tel: **01323 505009**  
*10% discount on their meats.*
**EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS**

| Simply Italian | 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. |
| The View Hotel | Grand Parade, Eastbourne. BN21 4DN  
Tel 01323 433900  
Email: info@theviewhoteleastbourne.com  
Website: www.theviewhoteleastbourne.com  
10% discount off food in the Artisan Restaurant  
The View Hotel is situation on Eastbourne's seafront. With stunning beach views from the Artisan Restaurant. Enjoy the relaxed and tranquil ambience whilst savouring an eclectic mix of modern and traditional dishes.  
Cannot be used in conjunction with any other offers and subject to availability. (i.e. excludes Father Day, Airbourne Events, Christmas Lunches)Please show the East Sussex Carers Card before ordering food. |
| GARDEN - SERVICES & CENTRES | Chalk Farm Nurseries  
Chalk Farm Nurseries, Coopers Hill, Willingdon, Eastbourne, BN20 9JD  
Tel: 01323 503322  
10% discount on all goods.  

HR Goodwin and Sons Landscaping Ltd  
Glen Innes, Lower Dicker, Hailsham, BN27 4BG  
Tel: 01323 845490  
Member of Buy with Confidence – East Sussex County Council  
10% discount (before VAT) on any of their services.  

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 | 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@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. |
## 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

## 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](http://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  
Offer = **30% off of your first visit!**

## Hazel Curtis - Holistic Therapy & Weleda Wellbeing Advisor

8, Walnut Walk, Polegate, BN26 5AD  
Tel: 01323 489229  
Mob: 07870 283729  
Email: hazel@makingtimetounwind.co.uk  
Website: [www.makingtimetounwind.co.uk](http://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.**

## Lushington Chiropractic

30 Lushington Road, Eastbourne, BN21 4LL  
Tel: 01323 722499

£10 off first consultation normally charged at £49.  
Any treatments thereafter are usually charged at £39 each.

## Natural Fitness & Therapy Centre

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**  
This is subject to change so please contact and ask for more details.

## Podiamed Ltd

James Wright - Podiatrist  
1 Lushington Road, Eastbourne, BN21 4LG  
Tel: 01323 721814  
Email: wrightjames7@hotmail.com  
Website: [www.wrightpachiropodists.com](http://www.wrightpachiropodists.com)

We offer a wide range of services to help with all chiropody and podiatry issues. Surgery and home visit appointments available.  
**Offer: 20% off any first treatment**  
Basic nail cut - £25.00
| Procter Health Care Pharmacy | 69 High Street, Polegate. BN26 6AH  
Tel: 01323 481241  
Website: [www.procterhealthcare.co.uk](http://www.procterhealthcare.co.uk) | 10% discount off sales excluding prescriptions |
| Sarah Hill – Massage | Old Town, Eastbourne  
Tel. 07958 516262  
Email: sarahhillmassage@outlook.com  
Website: [www.sarahhillmassage@outlook.com](http://www.sarahhillmassage@outlook.com)  
Offering deeply relaxing massage and myofascial release treatments. A variety of techniques will help resolve pain and stiffness and provide a nourishing and supportive treatment. Blended aromatherapy oils can also be incorporated. Please visit the website for more information about massage if you haven’t tried it before, including details of clothed treatments or call if you have any questions.  
**Offer**: 50% discount off first treatment and a 25% discount on any future treatments. |
| Susan Wilson - Holistic Therapist | The Cutting Club, 115 South Street, Eastbourne.  
Tel. 07722 130206  
Email: suewilson14@outlook.com  
Qualified therapist insured with FHT, offering reflexology, massage, manicure & pedicure and aromatherapy. Based in Eastbourne and offering local home visits  
**20% off first treatments**  
For more information or to make a booking please call or email. |
| Taijiguan & Qigong Classes | Various locations in Eastbourne  
Tel: 01323 501634  
Contact Evelyn Hills (Registered Instructor with the Tai Chi Union for Great Britain) for more information on the location, times and discount offered to Carers Card holders. |
| 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** *(does not apply to fabric, linings or sundries)* |
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abacus Flame Ltd</td>
<td>325 Seaside, Eastbourne, BN22 7PA</td>
<td>01323 648083</td>
<td></td>
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<tr>
<td>Heating engineers</td>
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<tr>
<td>10% discount for any work carried out up to the value of £1000 using the carer’s card.</td>
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<tr>
<td>5% discount for any work carried out up to the value of £3000 using the carer’s card.</td>
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<td>A photo id will be required to accompany the carer’s card.</td>
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<tr>
<td>i.e.: driver’s license, passport, etc.</td>
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<tr>
<td>Please mention the carer’s card when booking your appointment or prior to commencement of works to have your 10% discount applied.</td>
<td></td>
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<tr>
<td>Daisies Decluttering, Cleaning and Support</td>
<td>Tel: 01323 348408</td>
<td>Email: <a href="mailto:daisies@mail.com">daisies@mail.com</a></td>
<td>Website: <a href="http://www.daisiesdecluttering.com">www.daisiesdecluttering.com</a></td>
<td>Covering Eastbourne, Polegate, Pevensey, East Dean &amp; Seaford</td>
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<tr>
<td>New!</td>
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<tr>
<td>We are a local company established in 2017, we support individuals with decluttering, cleaning, general support and we have recently launched two new services: carer respite and senior moves.</td>
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<tr>
<td>10% off any service with Carers Card</td>
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<tr>
<td>Mark J. FitzGerald – Carpentry &amp; Joinery Specialist</td>
<td>18 Millers Rise, Hailsham, BN27 3XE</td>
<td>01323 843977</td>
<td>07866 923833</td>
<td><a href="http://www.buywithconfidenceeastsussex.org.uk">Member of Buy with Confidence – East Sussex County Council</a></td>
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<tr>
<td>NBC Carpentry &amp; Building</td>
<td>8 Piltdown Way, Eastbourne, BN23 8LB</td>
<td>01323 761454</td>
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<tr>
<td>With over 35 years’ experience, NBC can provide all your carpentry and building needs, throughout East Sussex.</td>
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<td>Fully insured, NBC’s work is guaranteed to a very high standard.</td>
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<td>20% off labour with Carers Card (does not apply to materials).</td>
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<tr>
<td>Brewers Decorators Warehouse</td>
<td>Eastbourne: 2b Britland Industrial Estate, Northbourne Road, Eastbourne, BN22 8PW</td>
<td>01323 640238</td>
<td><a href="mailto:Eastbourne@decwarehouse.co.uk">Eastbourne@decwarehouse.co.uk</a></td>
<td><a href="http://www.brewers.co.uk">www.brewers.co.uk</a></td>
</tr>
<tr>
<td>Warehouse</td>
<td>Eastbourne: Birch Road, Eastbourne, BN23 6PL</td>
<td>01323 434600</td>
<td><a href="mailto:Eastbourne@brewers.co.uk">Eastbourne@brewers.co.uk</a></td>
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<tr>
<td></td>
<td>Hailsham: 15 North Crescent Industrial Estate, Diplocks Way, Hailsham BN27 3JF</td>
<td>01323 840607</td>
<td><a href="mailto:Hailsham@decwarehouse.co.uk">Hailsham@decwarehouse.co.uk</a></td>
<td></td>
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<tr>
<td></td>
<td>Seaford: 17 Clinton Place, Seaford, BN25 1NP</td>
<td>01323 894385</td>
<td><a href="mailto:Seaford@brewers.co.uk">Seaford@brewers.co.uk</a></td>
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<tr>
<td>10% discount on all their shelf prices with your Carers Card.</td>
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</tbody>
</table>
### EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Special Offer</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Denis Bonnici Electricians Ltd</strong></td>
<td>35B Clarence Road, Eastbourne, BN22 8HQ</td>
<td>01323 642427</td>
<td>10% discount for Carers Card holders (before VAT).</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Graham Cottingham Electricians</strong></td>
<td>31 Battle Road, Hailsham, BN27 1DY</td>
<td>01323 849750</td>
<td>10% discount on total bill.</td>
<td></td>
</tr>
<tr>
<td><strong>Hi-Seal Double Glazing</strong></td>
<td>Bellbanks Corner, Mill Road, Hailsham, BN27 2AH</td>
<td>01323 841392</td>
<td>10% discount on new double glazing, including low threshold entrance doors that are a must for wheelchair users. Discount covers the price of labour and the manufacture of products (before VAT).</td>
<td></td>
</tr>
<tr>
<td><strong>Polegate Glazing Ltd</strong></td>
<td>3 Hailsham Road, Polegate, BN26 6NJ</td>
<td>01323 486264</td>
<td>10% discount on labour only, the card must be produced at the time of the order being placed, not at the point of invoice.</td>
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</tr>
<tr>
<td><strong>SB Property Maintenance Double Glazing</strong></td>
<td>25 New Road, Hellingly, BN27 4EW</td>
<td>01323 440609</td>
<td>10% discount on all services.</td>
<td></td>
</tr>
<tr>
<td><strong>Devonshire Park Kitchens</strong></td>
<td>38 Grove Road, Eastbourne, BN21 4TY</td>
<td>0845 8054570</td>
<td>10% discount on showroom prices with your Carers Card</td>
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<tr>
<td><strong>IT - COMPUTERS &amp; PRINTERS</strong></td>
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<tr>
<td><strong>AP-it IT Support</strong></td>
<td>283 Seven Sisters Road, Eastbourne, BN22 0QL</td>
<td>01323 887894</td>
<td>Receive £5 off an hour. You will pay £25 for the initial hour of service rather than £30</td>
<td></td>
</tr>
<tr>
<td><strong>Badger Inks Ink cartridges</strong></td>
<td>57A Church Street, Seaford, BN25 1LD</td>
<td>01323 893006</td>
<td>10% off on all products (except special orders). Show your Carers Card in store or go to <a href="http://www.badgerinks.co.uk">www.badgerinks.co.uk</a> and order on-line. When at checkout, put 'Carers Card' in the 'discount code' box and 10% will be taken off your order.</td>
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<tr>
<td><strong>LEGAL AND FINANCIAL</strong></td>
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<tr>
<td><strong>Allied Professional Will Writers</strong></td>
<td>2 Hankham Street, Eastbourne, BN24 5BG</td>
<td>01323 406299</td>
<td>20% discount on Wills and Lasting Powers of Attorney when you present your Carers Card.</td>
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<tr>
<td><strong>Reid Briggs</strong></td>
<td>Keely Rust, 49 South Street, Eastbourne, BN21 4UT</td>
<td>01323 438843</td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
**EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS**

### Solicitors

**Stephen Rimmer LLP Solicitors**  
28-30 Hyde Gardens, Eastbourne, BN21 4PX  
Tel: 01323 644222  
*Member of Buy with Confidence – East Sussex County Council*  
10% discount on fees (subject to terms and conditions).

### 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.

### Mobility Aids

**Clearwell Mobility**  
Head Office in Burgess Hill  
Tel: 0845 2211222  
Polegate Showroom: 1 The Centre, High Street, Polegate, BN26 6AQ  
Tel: 01323 484060  
Seaford Showroom: 3 Old Tree Parade, Broad Street, Seaford BN25 1LT  
Tel: 01323 491616  
Carers Card holders receive a 5% discount on goods.

**Procter Health Care**  
8-9 Station Parade, Eastbourne. BN21 1BE  
Tel: 01323 417508  
Email: enq@procters.com  
Website: [www.procterhealthcare.co.uk](http://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

**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.

**Southern Co**  
Unit 2, Hawthorn Road, Eastbourne, BN23 6QA  
Tel: 01323 643333  
*Member of Buy with Confidence – East Sussex County Council*  
15% off all labour costs and MOTs at £30 instead of £54.85.

**Setyres**  
Diplocks Way, Hailsham BN27 3JF  
Tel: 01323 840261  
**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.
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

FUNERAL DIRECTORS

C.P.J Field Haine & Son
Funeral Directors

<table>
<thead>
<tr>
<th>Branch</th>
<th>Address</th>
<th>Tel.</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eastbourne branch</td>
<td>19 South Street, Eastbourne, BN21 4UJ</td>
<td>01323 727801</td>
<td><a href="mailto:haine.son.eastbourne@cpjfield.co.uk">haine.son.eastbourne@cpjfield.co.uk</a></td>
</tr>
<tr>
<td>Polegate branch</td>
<td>65 High Street, Polegate, BN26 6AH</td>
<td>01323 489127</td>
<td><a href="mailto:haine.son.polegate@cpjfield.co.uk">haine.son.polegate@cpjfield.co.uk</a></td>
</tr>
<tr>
<td>Hailsham branch</td>
<td>46 South Road, Hailsham, BN27 3JQ</td>
<td>01323 840049</td>
<td><a href="mailto:haine.son.hailsham@cpjfield.co.uk">haine.son.hailsham@cpjfield.co.uk</a></td>
</tr>
</tbody>
</table>

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.

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.

Sayce and Bull Funeral Directors Ltd

<table>
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<tr>
<th>Address</th>
<th>Tel.</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>16 South Street, Eastbourne, BN21 4XF</td>
<td>01323 644454</td>
<td><a href="mailto:info@sayceandbull.com">info@sayceandbull.com</a></td>
<td><a href="http://www.sayceandbull.com">www.sayceandbull.com</a></td>
</tr>
</tbody>
</table>

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. 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.

PETS

My Hound Holidays

<table>
<thead>
<tr>
<th>Address</th>
<th>Tel.</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Foxes Hollow, Pebbsham Lane, Bexhill on Sea, TN40 2RR</td>
<td>07708 445454</td>
<td><a href="mailto:myhoundholidays@outlook.com">myhoundholidays@outlook.com</a></td>
<td><a href="http://www.myhoundholidays.co.uk">www.myhoundholidays.co.uk</a></td>
</tr>
</tbody>
</table>

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

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<tr>
<th>Address</th>
<th>Tel.</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Jacky Long</td>
<td>01323 769951 – Mob: 07719 593261</td>
<td><a href="mailto:info@sussexpetservices.co.uk">info@sussexpetservices.co.uk</a></td>
<td><a href="http://www.sussexpetservices.co.uk">www.sussexpetservices.co.uk</a></td>
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</tbody>
</table>

Member of Support with Confidence - East Sussex County Council

25% off your dog’s first groom with your Sussex Carers Card.

Sussex Pet Services

<table>
<thead>
<tr>
<th>Address</th>
<th>Tel.</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>79 Eastbourne Road, Willingdon. BN20 9NR</td>
<td>07723 492692</td>
<td><a href="mailto:info@sussexpetservices.co.uk">info@sussexpetservices.co.uk</a></td>
<td><a href="http://www.sussexpetservices.co.uk">www.sussexpetservices.co.uk</a></td>
</tr>
</tbody>
</table>

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

RETAIL

Bob’s Retro Market

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<thead>
<tr>
<th>Address</th>
<th>Tel.</th>
<th>Email</th>
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<tbody>
<tr>
<td>32 High Street, Seaford, BN25 1PL</td>
<td>01323 892444</td>
<td>10% discount.</td>
</tr>
<tr>
<td>Business</td>
<td>Address</td>
<td>Phone</td>
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<td>-----------------------------------------------------</td>
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</tr>
<tr>
<td><strong>Flowers of Eastbourne</strong></td>
<td>Unit 42, The Enterprise Centre, Station Parade, Eastbourne, BN21 1BD</td>
<td>01323 738147</td>
</tr>
<tr>
<td><strong>Vines Flowers</strong></td>
<td>66 High Street, Westham, Pevensey, BN24 5LP</td>
<td>01323 762575</td>
</tr>
<tr>
<td><strong>Fonetastic</strong></td>
<td>12 Place Lane, Seaford, BN25 1LA</td>
<td>01323 492211</td>
</tr>
<tr>
<td><strong>The Tri Store</strong></td>
<td>49 Grove Road, Eastbourne, BN21 4TX</td>
<td>01323 417071</td>
</tr>
<tr>
<td><strong>SPECIALIST SERVICES</strong></td>
<td></td>
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<tr>
<td><strong>Alandale Plant Ltd</strong></td>
<td>Eastbourne Road, Westham, Pevensey, BN24 5NH</td>
<td>01323 767708</td>
</tr>
<tr>
<td><strong>Ashprint</strong></td>
<td>22 South Street, Eastbourne, BN21 4XB</td>
<td>01323 734645</td>
</tr>
<tr>
<td><strong>Blackbourne Iron</strong></td>
<td>6 Seabech Lane, Eastbourne, BN22 7NZ</td>
<td>01323 430932</td>
</tr>
<tr>
<td><strong>Homesmaid</strong></td>
<td>70 Winchcombe Road, Eastbourne, East Sussex, BN22 8DE</td>
<td>0800 3213873</td>
</tr>
</tbody>
</table>
**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** *NEW!* | 39a High Street, Hastings TN34 3ER  
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** | Acacia House, Starrs Green Lane, Battle. TN33 0TD 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.  
Radfield Home Care are proud to be members of the Support With Confidence Scheme and can provide help with: Personal Care, Administering Medication, Continence Care, Shopping, Meal Planning & Preparation, Companionship and Respite Care for Carers.  
**Radfield provide a free assessment and 25% of any new client’s first invoice.** Please mention the card when enquiring about our services. |

**FITNESS**

| **A to Z Fitness** *NEW!* | 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; £4.60 a session. Classes £5.50** |
**HASTINGS & ROTHER**

| Summerfields Leisure Centre | Bohemia Road, Hastings TN34 1ET Tel: 01424 457691 Email: activecommhastings@freedom-leisure.co.uk Website: [www.freedom-leisure.co.uk/activecommhastings](http://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 different programme offerings including gym and swim admission.** Please look at our website price page for specifics. Redeemable at Summerfields Leisure Centre, Hastings. |

<table>
<thead>
<tr>
<th><strong>FOOD AND DRINK</strong></th>
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<tbody>
<tr>
<td><strong>Aroma Coffee Lounge</strong></td>
</tr>
<tr>
<td><strong>Carey’s Seafood and Steak Bar</strong></td>
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<tr>
<td><strong>EasyCoffee Hastings</strong></td>
</tr>
<tr>
<td><strong>Hastings Pier Restaurant</strong></td>
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<tr>
<td><strong>Home Chef Café</strong></td>
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<tr>
<td><strong>Kingfisher Fish &amp; Chips &amp; Café</strong></td>
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<tr>
<td><strong>The Old Grain Store</strong></td>
</tr>
<tr>
<td><strong>The Pelham Coffee Lounge</strong></td>
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</table>

**NEW!**
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Discount Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Simply Italian</strong></td>
<td>23 High Street, Battle, East Sussex, TN33 0EA</td>
<td>01424 772100</td>
<td><strong>10% discount to any carer and their guest coming to visit us in any Simply Italian.</strong> Show your card before ordering. Offer excludes SI Special Events and any promotional or pre-discounted menus.</td>
</tr>
<tr>
<td></td>
<td>The Strand, Rye, East Sussex, TN31 7DB</td>
<td>01797 226024</td>
<td></td>
</tr>
<tr>
<td><strong>Tea Beside The Track</strong></td>
<td>16 Terminus Road, Bexhill-on-Sea, TN39 3LR</td>
<td>01424 736677</td>
<td><strong>10% discount. Except on Bank Holidays.</strong></td>
</tr>
<tr>
<td><strong>Tea Beside The Orchard</strong></td>
<td>Main Road, Icklesham, TN36 4BH</td>
<td>01797 227219</td>
<td><strong>10% discount. Except on Bank Holidays.</strong></td>
</tr>
<tr>
<td><strong>The Turret Grill</strong></td>
<td>Priory Meadow, Hastings, TN34 1PH</td>
<td>07811 031368</td>
<td><strong>10% discount on food and hot drinks.</strong></td>
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</table>

**HAIR & BEAUTY**

<table>
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<tr>
<th>Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Discount</th>
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</thead>
<tbody>
<tr>
<td><strong>Jacobs Barbers</strong></td>
<td>502 Old London Road, Hastings, TN35 5BL</td>
<td>01424 204518</td>
<td><strong>10% Discount.</strong></td>
</tr>
</tbody>
</table>

**HEALTH AND WELLBEING**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Discount Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eden House Day Spa</strong></td>
<td>9 Cambridge Road, Hastings, East Sussex. TN34 1HL</td>
<td>01424 430 389</td>
<td><strong>NEW!</strong> 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. <strong>15% discount on all treatments (excluding retail products) on a Monday</strong></td>
</tr>
<tr>
<td><strong>Fae holistic</strong></td>
<td>Amanda Close, Bexhill, TN40 2TB – Tel: 01424 257058</td>
<td>01424 257058</td>
<td><strong>10% off full treatment price for carers</strong></td>
</tr>
<tr>
<td><strong>FeetBourne</strong></td>
<td>Foot care In your own home - Bexhill</td>
<td>01323 724298</td>
<td><strong>10% off normal rates for foot care in your home.</strong></td>
</tr>
<tr>
<td><strong>The Hastings Foot Clinic</strong></td>
<td>St. Andrews Shopping Mews, 1a Waldegrave Street, Hastings, TN34 1SJ</td>
<td>01424 446111</td>
<td><strong>15% off routine chiropody only. With the discount = £27, Senior Citizen rate with discount = £25.</strong></td>
</tr>
<tr>
<td><strong>Tension Takeaway</strong></td>
<td>Based in Bexhill but covers the following areas: Bexhill-on-Sea, Herstmonceux, St. Leonards, Eastbourne (£5 extra for travelling) &amp; Hastings.</td>
<td>07808 198505</td>
<td><strong>£5 off any 1 hour treatment and receive half price treatment if recommended friend books too.</strong></td>
</tr>
</tbody>
</table>
| **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 of therapies and exercise classes: Yoga, Pilates, Qi Gong, & Tai Chi for Arthritis and we have a range of Complementary Therapies amongst our other wellbeing services: Osteopathy, Shiatsu, Reiki, various Massage techniques, and Counselling. To complete our holistic approach for stress & pain relief and for relaxation, we also offer Creative Arts and Crafts classes.  
**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.  
Visit the website for how to access the offer. |
| **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. |
| **Masey’s Furnishers** | See retail |
| **Brewers Decorator Centre** | Hastings: White Rock Road, Hastings, TN34 1LE  
Tel. 01424 712655  
Email: Hastings@brewers.co.uk  
Website: www.brewers.co.uk  
10% discount on all their shelf prices with your Carers Card. |
| **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. |
| **First Windows** | 46 Western Road, Bexhill-on-Sea, TN40 1DY  
Tel: 01424 223389  
5% off locks and keys. |
| **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. |
| **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.** |
<table>
<thead>
<tr>
<th><strong>HASTINGS &amp; ROTHER</strong></th>
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<tbody>
<tr>
<td><strong>Creed Associates</strong> &lt;br&gt;Insurance</td>
<td>104 Sedlescombe Road North, St Leonards on Sea, TN37 7EN &lt;br&gt;Tel: 01424 435600  &lt;br&gt;Carers Card holders are entitled to an <strong>introductory fee waiver of £5 on household or motor insurance or free legal expenses cover</strong> on any policy arranged through Creed Associates.</td>
</tr>
<tr>
<td><strong>Stephen Rimmer LLP</strong> &lt;br&gt;Solicitors</td>
<td>Creative Media Centre, 45 Robertson Street Hastings &lt;br&gt;TN34 1HL &lt;br&gt;Tel: 01323 644222  &lt;br&gt;<em>Member of Buy with Confidence – East Sussex County Council</em>  &lt;br&gt;<strong>10% discount on fees (subject to terms and conditions)</strong></td>
</tr>
<tr>
<td><strong>MOBILITY AIDS</strong></td>
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<tr>
<td><strong>Hastings Shopmobility</strong></td>
<td>Priory Meadow Shopping Centre, Queens Road, Hastings &lt;br&gt;TN34 1PJ &lt;br&gt;Tel: 01424 447847  &lt;br&gt;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.  &lt;br&gt;<strong>10% discount off of any hire and registration</strong></td>
</tr>
<tr>
<td><strong>MOTORING SERVICES</strong></td>
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<tr>
<td><strong>Setyres</strong></td>
<td>Bexhill Road, St Leonards on Sea, Hastings, TN38 8AL &lt;br&gt;Tel: 01424 426214  &lt;br&gt;<strong>10% of your final bill</strong> upon production of a valid Carers Card not be used in conjunction with any other offers. Produce your Carers Card before making payment.</td>
</tr>
<tr>
<td><strong>FUNERAL DIRECTORS</strong></td>
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</tr>
<tr>
<td><strong>C.P.J Field Haine &amp; Son</strong> &lt;br&gt;Funeral Directors</td>
<td>Battle branch: 19 Market Square, Battle, TN33 0XB &lt;br&gt;Tel: 01424 236000 &lt;br&gt;Email: <a href="mailto:haine.son.battle@cpjfield.co.uk">haine.son.battle@cpjfield.co.uk</a> &lt;br&gt;Website: <a href="http://www.cpjfield.co.uk">www.cpjfield.co.uk</a> &lt;br&gt;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. &lt;br&gt;We are offering <strong>10% off our fees on a traditional funeral.</strong> This does not include third party fees. The offer can be taken up by carers at the time of arrangement on receipt of a carers card.</td>
</tr>
<tr>
<td>Business Name</td>
<td>Address</td>
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</tr>
<tr>
<td><strong>Funeral Directors</strong></td>
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</tbody>
</table>
| Alan Gannon & Sons Funeral Directors| 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. |
| Sayce and Bull Funeral Directors Ltd| 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. 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. |
| **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. |                        |                              |                              |         |
| **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. |                        |                              |                              |         |
<table>
<thead>
<tr>
<th><strong>HASTINGS &amp; ROTHER</strong></th>
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| **CJ Greetings of Rye** | 41 Cinque Ports Street, Rye, TN38 9ET  
Tel: **01797 458030**  
10% discount on everything except only 5% discount on balloons. |
| **Ejuiceology** | 14 Queens Road, Hastings, TN34 1QY  
Tel: **07971219703**  
10% discount. |
| **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** | 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** | 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. |
| **TRAVEL & PARKING** | |
| **Town Taxis** | 16 Station Road, Bexhill-On-Sea, TN40 1RE  
Tel: **01424 733733**  
Email: **towntaxis@hotmail.com**  
Website: [www.towntaxis.com](http://www.towntaxis.com)  
Town Taxis was established since 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. *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. |
# HIGH WEALD, LEWES & HAVENS

## ACTIVITIES AND ATTRACTIONS

<table>
<thead>
<tr>
<th><strong>Depot Cinema</strong>&lt;br&gt;NEW!</th>
<th>Pinwell Road, Lewes. BN7 2JS (adjacent to the railway station)&lt;br&gt;Tel: 01273 525354&lt;br&gt;Email: <a href="mailto:boxoffice@lewesdepot.org">boxoffice@lewesdepot.org</a>&lt;br&gt;Website: <a href="http://www.lewesdepot.org">www.lewesdepot.org</a></th>
<th>An award-winning independent 3-screen cinema and café-restaurant offering an innovative programme of mainstream, art house and independent films; world cinema, documentaries and classic films; along with special events, guest speakers and workshops.&lt;br&gt;<strong>Carers with the East Sussex Carers Card will receive a discounted ticket of £4 before 5pm during the week.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Newhaven Scuba Centre</strong></td>
<td>101 Fort Road, Newhaven, BN25 3DH&lt;br&gt;Tel: 01273 612012&lt;br&gt;<strong>10% discount on all products and training.</strong></td>
<td>Excludes O’Three products and any other offers.</td>
</tr>
<tr>
<td><strong>Paradise Park</strong></td>
<td>Avis Road, Newhaven, BN9 0DH&lt;br&gt;Tel: 01273 512123&lt;br&gt;<strong>50% off entry prices for attractions.</strong>&lt;br&gt;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. <strong>Take your Carers Card to the customer service desk and they will issue you with your Loyalty Club Card.</strong></td>
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</tr>
<tr>
<td><strong>Sky High Trampoline + DMT Club</strong></td>
<td>Fun Abounds Trampoline Centre, 21 Bell Lane, Uckfield, TN22 1QL&lt;br&gt;Tel: 01825 768479&lt;br&gt;Email: <a href="mailto:info@funabounds.co.uk">info@funabounds.co.uk</a>&lt;br&gt;Website: <a href="http://www.funabounds.co.uk">www.funabounds.co.uk</a></td>
<td>Fun abounds is a dedicated trampoline and gymnastic centre that offers group and one to one coaching, as well as open sessions for all ages and abilities. <strong>Carers go free to all sessions.</strong> Carers must mention their card when booking.</td>
</tr>
</tbody>
</table>

## ESTATE AGENCIES

| **Angela Marden Estate Agents**<br>NEW! | 55 Hawkley Crescent, Hailsham BN27 3GH<br>Tel: 01323 818000<br>Email: angela@angelamarden.co.uk<br>Website: www.angelamardenestateagents.co.uk | 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.<br>I offer a bespoke service with no pressure and I guarantee to be cheaper than the high street agents.<br>**10% off fees** |
| **Westwoods Estate Agents Ltd** | 52 High Street, Heathfield, TN21 8JB<br>Tel: 01435 868020<br>**10% discount on our standard fees.** |
## HIGH WEALD, LEWES & HAVENS

| **Wood and Pilcher Estate Agents** | 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. |
|-----------------------------------|-----------------------------------------------------------------------------------------|
| **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.** |
| **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.** |
|                                   | **Pilio Bistro Greek Restaurant**  
53 High Street, 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**  
NEW!  
Medway House. Lower Road, Forest Row, RH18 5HE  
Tel: 01342 24673  
Email: info@seasonsforestrow.co.uk  
Website: www.seasonsforestrow.co.uk  
A family run, independent health food shop and social hub of the local community in the vibrant village of Forest Row, nestled in the heart of the Ashdown Forest  
**Product Ranges Includes Local, Organic, Biodynamic and Eco-friendly. 10% discount off anything in the shop, no restrictions.** |
|                                   | **Veasey and Sons Fishmongers**  
17 Hartfield Road, Forest Row, RH18 5DN  
Tel: 01342 822906  
**5% off** |
|                                   | **Wholefoods Health Store**  
82 High Street, Heathfield, TN21 8JE  
Tel: 01435 866532  
**10% off everything.** |
## HAIR & BEAUTY

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Contact Details</th>
<th>Offers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alisun Salon</strong></td>
<td>1 Sussex House, The Broadway, Crowborough, TN20 6UJ</td>
<td>Tel: 01892 662266</td>
<td>10% discount.</td>
</tr>
<tr>
<td><strong>Aspasia</strong></td>
<td>4, The Parade, Eridge Road, Crowborough, TN6 2SH</td>
<td>Tel: 01892 613325</td>
<td>25% discount.</td>
</tr>
<tr>
<td><strong>The Beauty Room</strong></td>
<td>Crowborough Hill, Jarvis Brook, Crowborough, TN6 2EG</td>
<td>Mob: 07909 178475</td>
<td>15% off any treatments in the beauty room.</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Excludes gift shop/flower purchases.</td>
</tr>
<tr>
<td><strong>Blu Barbers</strong></td>
<td>The Old Pump House, High Street, Crowborough, TN6 2QB</td>
<td>Tel: 07902 513676</td>
<td>£2 off Adult cut (normally £11)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Facebook page: Pinks Blu Crowborough</td>
<td>£1 off OAP and Children’s cut (normally £8) with your Carers Card.</td>
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<td></td>
<td>Offer is not valid on Saturdays.</td>
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</tbody>
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## HEALTH AND WELLBEING

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<tr>
<th>Business</th>
<th>Address</th>
<th>Contact Details</th>
<th>Offers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anti Aging Therapy</strong></td>
<td>2 Canada Close, Telscombe Cliffs, Peacehaven, BN10 7JH</td>
<td>Mob: 07725 999650</td>
<td>Natural holistic treatments to help slow down the ageing process. Relaxing Natural Face Lift Massage – neck, shoulders and face to lift your muscles &amp; condition your skin to promote relaxation and calm. Rejuvenating Laser – stimulates collagen production and reduces expression lines &amp; wrinkles. Holistic Facial – Luxurious pamper to soften, tone and refine skin. 25% off single treatments at each visit</td>
</tr>
<tr>
<td><strong>Cordelia Stocks</strong></td>
<td>Covering Crowborough and a 10 miles radius</td>
<td>Tel: 07872891528</td>
<td>Discount of £10 discount per treatment for Carers.</td>
</tr>
<tr>
<td><strong>HIGH WEALD, LEWES &amp; HAVENS</strong></td>
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</tbody>
</table>
| **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](http://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 |
| **Heavenly Souls** | Unit 1, Brooksmarle Farm, Ham Lane, Burwash. TN19 7ER  
Tel. 07921 381761  
Email: info@heavenlysouls.co.uk  
Website: [www.heavenlysouls.co.uk](http://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 |
| **HEALTH AND WELLBEING** |
| **Ingram & Schofield Independent Opticians**  
*NEW!* | 224 South Coast Road, Peacehaven. BN10 8JR  
Tel. 01273 582549  
Email: info@ingramandschofield.com  
Website: [www.ingramandschofield.com](http://www.ingramandschofield.com)  
A friendly, professional team who can support your individual eye care needs: NHS and private eye tests, hearing tests, 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 |
| **Paydens Pharmacy Wadhurst**  
*NEW!* | High Street, Wadhurst TN5 6AP  
Tel: 01892 782058  
A small village pharmacy in the village of Wadhurst serving the needs of the local community. Paydens is an independent family owned company with pharmacies across the South-East of England.  
Website: [www.paydens.com](http://www.paydens.com) or [www.paydenspharmacy.co.uk](http://www.paydenspharmacy.co.uk)  
10% discount on retail items  
This excludes items that have prices on the packaging and prescriptions |
| **HOME FURNISHINGS** |
| **The Personal Touch Interiors**  
Interior design & home accessories | 22 The High Street, Heathfield, TN21 8LS  
Tel: 01435 860603  
20% off. |
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Contact Details</th>
<th>Offers</th>
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</thead>
<tbody>
<tr>
<td><strong>HIGH WEALD, LEWES &amp; HAVENS</strong></td>
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<tr>
<td><strong>HOME IMPROVEMENT &amp; MAINTENANCE</strong></td>
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<tr>
<td>Premier Carpets</td>
<td>85 South Coast Road, Peacehaven, BN10 8QS</td>
<td>Tel: 01273 588830</td>
<td>10% discount except during sale periods.</td>
</tr>
<tr>
<td><strong>LEGAL AND FINANCIAL</strong></td>
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<tr>
<td>Green Lane Trust Solutions</td>
<td>Heathfield - Mob: 07561 508857</td>
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<td>Minimum of 10% off our current price for any work undertaken.</td>
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<td>This includes any offers applicable at the time.</td>
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<tr>
<td><strong>MOTORIZING SERVICES</strong></td>
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<tr>
<td>Setyres</td>
<td>Heathfield: Burwash Road, Heathfield, TN21 8QZ</td>
<td>Tel: 01435 867606</td>
<td>10% of your final bill Card not be used in conjunction with any other offers.</td>
</tr>
<tr>
<td></td>
<td>Uckfield: 32 Bell Lane, Bellbrook Industrial Estate, Uckfield</td>
<td>Tel: 01892 765944</td>
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<tr>
<td>Uckfield Garage</td>
<td>143 High Street, Uckfield, TN22 1EJ – Tel: 01825 768316</td>
<td></td>
<td>10% discount on all labour charges. Please mention prior to booking appointment.</td>
</tr>
<tr>
<td>We Buy Cars - Sussex.com</td>
<td>79 South coast Road, Peacehaven, BN10 8QS</td>
<td>Tel: 01273 585353</td>
<td>10% discount on cars, MOT and service.</td>
</tr>
<tr>
<td><strong>RETAIL</strong></td>
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<tr>
<td>A Tompsett &amp; Son Ltd</td>
<td>72 High Street, Heathfield, TN21 8JD</td>
<td>Tel: 01435 862343</td>
<td>5% off except on sale goods.</td>
</tr>
<tr>
<td>Shoe shop</td>
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<tr>
<td>Aunty Wainright Antiques</td>
<td>41 High Street, Heathfield, TN21 8HU</td>
<td>Tel: 01435 866935</td>
<td>10% discount on items over £10 except for sale or non-discount items.</td>
</tr>
<tr>
<td>Home furnishing, antiques &amp; jewellery</td>
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<tr>
<td>Bone Clothing</td>
<td>36 High Street, Lewes, BN7 2LU</td>
<td>Tel: 01273 488800</td>
<td>10% discount in store only.</td>
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<tr>
<td>Mens clothing</td>
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<tr>
<td>Cuckoo Flower Company</td>
<td>1 Bank Buildings, High Street, Horam TN21 0EH</td>
<td>Tel: 01435 813649</td>
<td>Email: <a href="mailto:info@cuckooflowercompany.co.uk">info@cuckooflowercompany.co.uk</a></td>
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<td>Flower shop offering cut flowers, plants and a range of gifts</td>
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<td>10% discount on instore purchases on production of carers card. Not available for web orders or national delivery service</td>
</tr>
<tr>
<td>Crowborough Shoe Repairs</td>
<td>4, The Broadway, Crowborough, TN6 1DF</td>
<td>Tel: 01892 668076</td>
<td>10% discount with your Carers Card.</td>
</tr>
<tr>
<td>Footcraft</td>
<td>170 High Street, Uckfield, TN22 1AU</td>
<td>Tel: 01825 766625</td>
<td>10% off all repairs and key services. Offer is subject to conditions – please enquire in store for more details.</td>
</tr>
<tr>
<td>Shoe repairs &amp; key cutting</td>
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<tr>
<td>Intersport of Lewes</td>
<td>53 Cliffe Street, Lewes, BN7 2AN</td>
<td>Tel: 01273 475235</td>
<td>10% discount. May not be used in conjunction with other offers.</td>
</tr>
<tr>
<td>Sportswear &amp; sporting equipment</td>
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<tr>
<td>Jocalia Jewellers</td>
<td>61 High Street, Heathfield, TN21 8HU</td>
<td>Tel: 01435 862249</td>
<td>10% discount on jewellery and watches.</td>
</tr>
<tr>
<td>Shop Name</td>
<td>Address</td>
<td>Tel:</td>
<td>Discount/Membership</td>
</tr>
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<tr>
<td>Luggage etc. Lewes</td>
<td>22 High Street, Lewes, BN7 2LN</td>
<td>01273 47847110%</td>
<td>10% discount on everything</td>
</tr>
<tr>
<td></td>
<td></td>
<td>discount on everything</td>
<td>(including sale items).</td>
</tr>
<tr>
<td>Supernova Surfboards</td>
<td>Supernova Surf Shop, Fort Road, Newhaven, BN9 9BY</td>
<td>01273 457709</td>
<td>20% off products in store with a Carers Card.</td>
</tr>
<tr>
<td>The Flower Workshop</td>
<td>Shop 3, Ivyholme, Station Road, Heathfield, TN21 8LB</td>
<td>01435 863333</td>
<td>10% discount on anything in the shop except sale items.</td>
</tr>
<tr>
<td>Uckfield Electrics Domestic Appliances</td>
<td>63 High Street, Uckfield, TN22 1AP</td>
<td>01825 769292</td>
<td>5% discount on listed prices.</td>
</tr>
<tr>
<td>Walls of Fame</td>
<td>13 High Street, Heathfield, TN21 8LU</td>
<td>01435 865955</td>
<td>Offer 20% discount on regular prices</td>
</tr>
</tbody>
</table>

**The Essential Companion Scheme** is for people who require a companion to assist them to access the facilities at Eastbourne theatres. The scheme offers members the opportunity to obtain one ticket, free of charge, for their 'essential companion'. For more information or to apply for the scheme visit: [www.eastbournetheatres.co.uk/booking](http://www.eastbournetheatres.co.uk/booking)

**The 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](http://www.cinemauk.org.uk/ceacard)

**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](http://www.nationaltrust.org.uk/features/access-for-everyone) Tel: 0344 800 1895 Email: enquiries@nationaltrust.org.uk

**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](http://www.discountsforcarers.com)

**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’re a member, you can benefit from a wide range of offers. For more information and to register visit: [www.carersmart.org](http://www.carersmart.org)

Updated: 01/08/19