



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

COUNTY WIDE

TRAVEL & PARKING

Brighton & Hove Buses

Where?

Brighton & Hove Buses operate 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: buses.co.uk

What?

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

Accessibility: All buses are accessible with low floor access, manual ramps, dementia friendly flooring and a wheelchair space. Many stops in Brighton and Hove also have raised kerbs to allow easier access. The free assistance card, 'Helping Hand' scheme, provides a discrete way of advising the driver if you require extra assistance.

[Accessible Travel Information](#)

How?

To apply for your Keycard please email Care for the Carers - info@cftc.or.uk

Please attach to your email:

1. Photo - passport style head shot suitable to go on the pass (the photo can be taken on your phone and attached)
2. Photo of the ID side of your carers card showing the card number
3. Photo evidencing your personal ID (passport/driving licence is usually best)

Please include in the email:

1. Your current address
2. Your contact telephone number
3. Your date of birth.

The Admin team will then make an application to Brighton & Hove Buses.

Brighton & Hove buses will then issue a Keycard and ID card directly to the carers home address. You will then 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.**

If you have any questions please contact the Care for the Carers office 01323 738390

Reduced hospital parking at Eastbourne DGH & Hastings Conquest

You will pay no more than £2 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).

Disabled spaces have recently changed. If there are no disabled spaces available, you can park in other spaces in the car park. If you in a disabled bay please display your blue badge in the car. If in a non-disabled bay take your ticket and blue badge to the parking hut and they will give you a 'Get Out' ticket. Parking team are happy to help if you're unsure about anything.

Parking office Tel: **01424 755255**

ACTIVITIES & ATTRACTIONS

Company of Critters
Unique reptile encounter experience

Covering Sussex, Surrey and Kent
Tel: **01892 852367** Mobile: **07787906145**
Email: contact@companyofcritters.co.uk
Website: www.companyofcritters.co.uk

We are small company passionate about animal welfare and fun! We offer group or 1-2-1 Animal Encounters, Talks and Therapy Sessions

	<p>in the comfort of your own home or at our site in Rotherfield. We are also happy to attend private parties, weddings and other events. Our animal range is reptiles, amphibians, invertebrates and mammals. 20% discount on all 1-2-1 sessions on and off site (within 20 miles) upon production of the carers card.</p> <p>For more information, please contact us.</p>
COUNTY WIDE	
CARE SERVICES	
	<p>Victoria Road, Polegate. BN26 6BU Tel: 01323 487931 Email: reception@queensmead-care.com Website: www.chanctonbury-care.com</p> <p>Queensmead is a residential care home. Conveniently located in the centre of Polegate and just a five-minute walk from the train station. Well-respected in the community, we are a purpose-built care home with modern facilities and all en suite rooms, offering long-term residential care, short-term respite, day services and convalescence care. Queensmead boasts a varied activity and entertainment programme, top-quality home cooked food and a person-centred approach to our care. As we always say, we keep 'care at the core of everything we do.</p> <p>10% discount off day services - lunch included or 2 for 1 offer – two-course lunch, carer goes free. Please call to book</p>
FITNESS	
Freedom Leisure <i>UPDATE!</i>	<p>Hailsham Leisure Centre, Vicarage Lane, Hailsham BN27 2AX Tel: 01323 846755 Website: www.freedom-leisure.co.uk/centres/hailsham-leisure-centre</p> <p>Uckfield Leisure Centre, Downsview Crescent, Uckfield, TN22 1UB Tel: 01825 761160 Website: www.freedom-leisure.co.uk/centres/uckfield-leisure-centre</p> <p>Crowborough Leisure Centre, Eridge Road, Crowborough, TN6 2TN Tel: 01892 665488 Website: www.freedom-leisure.co.uk/centres/crowborough-leisure-centre</p> <p>Carers pay £6.60 to access the gym, £2.70 for a swim, £3.10 for bowling. <i>Carers Card does not allow discount on our Active Plus (50+) weekdays & school holidays 8.30am - 10.30am bowling session.</i> Concessionary membership - £85 for 3 months, this includes a free induction and gives free use of the gym and swimming pool between Monday and Friday 10-5pm and anytime at weekends.</p>
FOOD AND DRINK	
Bay Tree Foods	<p>Sarah Blay Tel: 07736 525841 Email: btfcateringltd@gmail.com Website: www.baytreefoods.co.uk</p> <p>Event catering and food love gift basket delivery. All food is homemade and caters to a variety of tastes, dietary requirements and budgets.</p> <p>Carer eats FREE – offer applies to any catering service when ordered for a minimum of 2. Minimum spend £15</p> <p>For more info please contact Sarah. Please mention the carers card at time of booking, evidence of your card may be required upon delivery.</p>
Cook	<p>Food for your freezer - Home delivery</p> <p>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</p>

	<p>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.</p>
GARDEN - SERVICES & CENTRES	
BC Garden Services	<p>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.</p>
COUNTY WIDE	
Eden Landscapes	<p>Chris Howell Based in Uckfield, we cover Sussex, Kent & Hants. Tel: 01825 768696 or 07787545982 Email: edenlandscape78@gmail.com Website: https://edenlandscape.co.uk Eden Landscapes is a reputable Sussex based landscape gardening and construction company, with over 22 years of experience in landscaping, building and driveway construction. We can offer landscape gardening solutions, including patios, paths, turfing, walls and steps, and ponds or water features, plus fencing and decking of all varieties. We are equipped to handle small to medium construction projects, including extensions, garages and porches. 5% discount on labour costs upon production of a valid carers card. Conditions apply. Please mention that you are a registered carer prior to booking your free, no-obligation quote and please ensure you have produced your valid carers card prior to any quotation received.</p>
HOME IMPROVEMENTS & MAINTENANCE	
Brewers Decorators Warehouse	<p>Eastbourne: 1. Birch Road BN23 6PL Tel: 01323 434600 Email: Eastbourne@brewers.co.uk 2. Decorators Warehouse, 2b Britland Industrial Estate, Northbourne Road BN22 8PW Tel: 01323 640238 Email: DW.Eastbourne@Brewers.co.uk Bexhill: Albany House, 42 Beeching Road TN39 3EW Tel: 01424 213800 Email: bexhill@brewers.co.uk Hailsham: Decorators Warehouse, 15 North Crescent Industrial Estate, Diplocks Way, BN27 3JF Tel: 01323 840607 Email: DW.Hailsham@Brewers.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</p> <p>Website: www.brewers.co.uk Discount on paint and wallpaper with your carers card, just mention CARE112. Show your carers card in over 180 Brewers stores to get your discount.</p>
Coastal Electrical Solutions Ltd	<p>Unit A6 Chaucer Business Park, Dittons Road, Polegate, East Sussex, BN26 6QH</p>

	<p>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.</p>
NM Plumbing and Heating Ltd	<p>Neil is Gas Safe Registered and covers the whole of East Sussex Tel: 01323 899373 or 07759 298184 5% discount on services.</p>
COUNTY WIDE	
IT - COMPUTERS & PRINTERS	
First Call Inks Ltd Ink Cartridges	<p>Based in Little Common with website for online orders 16 Cooden Sea Road, Little Common, Bexhill on Sea. TN39 4SJ 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</p>
LEGAL AND FINANCIAL	
APS Legal & Associates	<p>Based in Bexhill, but covering the whole of East Sussex Mob: 07774 442318 Carers Card holders are entitled to:</p> <ul style="list-style-type: none"> • 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	<p>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</p>
Taylor Rose MW Solicitors	<p>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:</p> <ol style="list-style-type: none"> 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.

Branches:

- 64a High Street, **Battle** TN33 0AG Tel: **01424 772725**
Email: **battle@barracloughs.uk**

- 41 Western Road, Bexhill-on-Sea TN40 1DT Tel: **01424 219543**
Email: **bexhill@barracloughs.uk**

- 194 Terminus Road, **Eastbourne**, BN21 3BB Tel: **01323 721906**
Email: **eastbourne@barracloughs.uk**

- 58a High Street, **Polegate** BN26 6AD Tel: **01323 487122**
Email: **polegate@barracloughs.uk**

- 23 Sedlescombe Road North, **SLOS** TN37 7DA Tel: **01424 423605**
Email: **stleonards@barracloughs.uk**

- The Old Cottage, Dane Rd, Seaford BN25 1DJ Tel: **01323 898777**
Email: **seaford@barracloughs.uk**

- 53 High Street, Uckfield TN22 1AP Tel: **01825 769800**
Email: **uckfield@barracloughs.uk**

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**

- 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

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**

Tel: **01825 760173**

Tel: **01825**

	<ul style="list-style-type: none"> • Telescombe Cliffs - 1-2 Dana Lodge, Central Avenue • Uckfield Hospital - Framfield Road • Uckfield - Bell Farm Road <p>For further details visit www.kamsons.co.uk 10% discount on retail items (not prescription charges)</p>
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COUNTY WIDE

RETAIL

<p>Donna's Witchy Shop</p>	<p>70 New Town, Uckfield TN22 5DE Tel: 01825 761922 Mobile: 07368664892 Email address: donnaswitchyshop@gmail.com Website: www.donnaswitchyshopltd.co.uk We are a local pagan, spiritual & witchcraft store with a vast range of Incense, dreamcatchers, candles, crystals, herbs, jewellery & handmade goods e.g. body butters & scrubs, bracelets & necklaces, dreamcatchers & teas etc. We also provide Tarot Readings. Carers are very welcome to drop in and browse our vast range of products or just have a chat to see how we can help you for future reference including making up a crystal healing pack or herbal tea. Carers can receive 10%. Some exclusions may apply. If you wish to purchase online, please email us and we will provide a code for online checkout. Look out for our regular weekly promotions. Please note there are age restrictions on certain products.</p>
<p>Love Play</p>	<p>PO Box 200, Battle, TN33 0AA Email address: hello@loveplay.org.uk Website: www.loveplay.org.uk We are an online site that sells sex toys. Our aim is to allow you to explore your fantasies from the comfort of your home. Sex is fun, exciting, and an important part of life and we would like to help you recharge and enjoy yourself. Everyone should have me time, we just want to help you achieve it. We offer carers a 25% discount on all orders. This cannot be used in conjunction with any other offer. Apply the code care25 when checking out</p>

SHORT BREAKS

<p>Away Resorts Ltd</p>	<p>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/ Welcome to the world of Away Resorts! Stay at one of our fabulous UK locations, from countryside to coast, and fall in love with a new type of holiday. A holiday that puts you first, where your accommodation is off-the-scale amazing and where new experiences await at every turn. Now with 21 holiday locations, create “remember when we did that?” moments that will last a lifetime.</p> <p>Whatever your budget, we really do offer something for everyone; from our exclusive Rockstar accommodation to our wow-factor barns. Indulge in a family hot tub holiday, enjoy a romantic log cabin with woodland views or soothe your spirit in the sanctuary of our Zen accommodation. Oh, and don't forget all our parks are dog friendly, so bring your four-legged friend, because they deserve a getaway too! Our parks are jam-packed with fantastic facilities, from on-site restaurants and bars to indoor and outdoor swimming pools. As for entertainment and events– well, there's something to keep every member of the family grinning from ear to ear.</p> <p>With our any day arrival policy, we follow your plan rather than you following ours.</p> <p>Carers can save 10% on all 2023 breaks! Offer can be booked via our website at awayresorts.co.uk or by calling our Holiday Heroes on 0330 053 7000 and quoting CFTC10 Discounts are applied to the latest self-catering offers shown on our website. Offer does not apply to tenting and touring. Offer does not apply to bookings over 5 units. Offer does not apply to the <u>Boston West Hotel, Gara Rock and Glendevon</u>. 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. Offer applies to new, direct bookings only and are subject to the full booking Terms and Conditions as stated on the website.</p>
<p>Butlin's Family Enjoy the very best of Butlin's with an extra £20 off!</p>	<p>Website: https://www.butlins.com/about-us/privilege-holiday-club Looking for an all-action getaway that'll keep the kids (and big kids) entertained? You've come to the right place.</p> <p>From the moment you arrive, you can expect nothing but full-on fun, with heaps of daytime activities and entertainment on tap. Take your pick from looping water slides, unlimited fairground rides, exclusive live shows and more. And, whichever of resort you decide to visit,</p>
<p>COUNTY WIDE</p>	
<p>Butlin's Family cont.</p>	<p>you'll find one of the UK's best beaches right on the doorstep. Get ready to jump in, tuck in, join in, go all in, and create memories that'll last a lifetime.</p> <p>To book, simply go to butlins.com/phc, click on the 'Book Now' square link and make sure to enter QQ209 in the blue 'enter your Q number' field. Once typed in you will see Care for the Carers appear below, this will confirm that your discount has been applied to your booking.</p> <p>If an adapted room is required, please call 0330 100 9334 and quote QQ209 code to the representative in the Contact Centre</p> <p>T&Cs £s off are per booking discounts and apply to new bookings only. £s off do not apply to two-night breaks, rooms for two or breaks under £89. All offers are subject to promotional availability, may be withdrawn at any time and cannot be combined with any other offer or internet code except the 5% Premier Club loyalty discount. For full terms and conditions, please visit butlins.com/terms. Calls to 03 numbers are charged at standard UK rates and may vary from mobiles. These calls are included in any inclusive packages. Butlins Skyline Limited, 1 Park Lane, Hemel Hempstead, Hertfordshire, HP2 4YL. Registered in England No. 04011665.</p>

<p>Butlin's Big Weekenders</p>	<p>Website: https://www.bigweekends.com/ When was the last time you had a big weekend? When you got all your mates together and really let your hair down? If the answer's "ages ago" then it's time to grab your mates for three nights of headline acts, pool parties, silent discos, and loads more, all without a taxi or tent in sight! You don't just need a 'catch up' – you need a Butlin's Big Weekender. To Book simply go to www.bigweekends.com and search for 'Privilege Holiday Club', click 'Book a Break' and make sure to enter QQ209 in the blue 'enter your Q number' field. Once typed in you will see Care for the carers appear below, this will ensure your discount is applied to your booking. If an adapted room is required, please call 0330 100 9334 and quote QQ209 code to the representative in the Contact Centre. T&Cs £s off are per booking discounts and apply to new bookings only for Butlin's Live Music Weekenders. £s off do not apply to two-night breaks, rooms for two or breaks under £89. All offers are subject to promotional availability, may be withdrawn at any time and cannot be combined with any other offer or internet code except the 5% Premier Club loyalty discount. For full terms and conditions, please visit butlins.com/terms. Calls to 03 numbers are charged at standard UK rates and may vary from mobiles. These calls are included in any inclusive packages. Butlins Skyline Limited, 1 Park Lane, Hemel Hempstead, Hertfordshire, HP2 4YL. Registered in England No. 04011665.</p> <p><i>Please see our additional offers below:</i></p> <p><i>New dates and deals coming soon!</i></p>
<p>Park Holidays UK</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. 10% discount off holidays 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</p>
<p>COUNTY WIDE</p>	
<p>Stone Ness Short Breaks cont.</p>	<p>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>The White Rock Hotel</p>	<p>1-10 White Rock, Hastings, TN34 1JU Tel: 01424 422240 Email: info@thewhiterockhotel.com Website: www.thewhiterockhotel.com Situated in prime position on the seafront, the White Rock Hotel is the perfect place for your visit to Hastings, whether for business or pleasure. After considerable refurbishment, our hotel offers modern comfortable rooms and professional but friendly service. We offer the security and convenience of a 24 hour reception, food and drink available all day in our stylish cafe-bar and room service at no extra charge. We also have our own car park, free WiFi and a choice of meeting rooms. 5% discount on room bookings for more than 2 nights when booking direct with the hotel. This is subject to restrictions, (such as minimum restrictions in place over holidays etc). Please make the hotel aware you have a carers card when making the booking and you will need to show your carers card when checking in.</p>
<p>SPECIALIST SERVICES</p>	
<p>Humanist Celebrant Felicity Harvest</p>	<p>Based in Wadhurst and working throughout and around East Sussex. Dewlands, Station Road, Wadhurst. TN5 6RT Tel: 07708 933607 Email: Felicity.harvest@humanistceremonies.org.uk Website: www.felicityharvestcelebrant.co.uk As a Humanists UK accredited celebrant, I use my understanding and creativity to work with you to create memorable, distinctive non-religious ceremonies. In celebrating important times in your life and those you love, there will be humour, great storytelling and sometimes tears. I care deeply about diversity, the environment, and about creating something meaningful to mark life's transitional moments. I am available for weddings, renewing vows, namings, blending families, adoptions, funerals and almost any other moment in life you might want to mark or celebrate. 10% off the cost of my usual fees for all ceremonies. When contacting me please mention you have a Carer's Card</p>
<p>easyStorage</p>	<p>Tel: 07916394976 Email: james.norris@easystorage.com Website: www.easystorage.com Offering economical and customisable storage across East Sussex. We provide a unique door-to-door service bringing the storage unit to you, making the process of packing and loading easy. To make your life even easier, our expert team can even do it all for you and we can offer a range of high-quality boxes and packaging materials to make sure your belongings are kept safe and secure. £50 off any booking. To book online use the code: Sussex50 or give us a call, simply mention the offer and it will be applied. Please visit us online, or give us a call for a quote or to book.</p>

<p>Fresh Wipes <i>NEW!</i></p>	<p>Unit B, Swallow Business Park, Diamond Drive, East Sussex BN27 4EL Tel. 01323 337000 sales@freshwipes.co.uk www.freshwipes.co.uk</p> <p>FreshWipes: Sustainable Hygiene Solutions for Carers and Their Loved Ones</p> <p>At FreshWipes, we understand the unique challenges that carers face when supporting individuals with mobility issues or limited access to traditional bathing facilities. Our range of antibacterial, biodegradable body wipes and rinse-free shampoo caps provides a quick, effective, and sustainable way to maintain personal hygiene without the need for water or rinsing.</p> <p>Designed to be gentle on the skin while tough on bacteria, FreshWipes are ideal for use in any setting, whether you're at home or caring for someone in a clinical environment. With extra-large, moisture-rich wipes, a single product is often all that's needed for a full body clean, ensuring dignity and comfort for those in your care.</p> <p>Our mission is to make daily hygiene easier for carers and those they care for, promoting independence, reducing the stress of bathing, and ensuring that everyone can feel fresh and clean with minimal effort. With FreshWipes, carers can focus on what truly matters—supporting the health and well-being of their loved ones.</p> <p>Use code: FEELFRESH20 for 20% off your first order at www.freshwipes.co.uk This code can't be used with any other offer.</p>
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COUNTY WIDE

<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</p> <p>A self storage facility in Lewes with units that are perfect for safely storing belongings. Approved by Trading Standards 'Buy with confidence' scheme.</p> <p>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.</p> <p>10% discount on storage units. Cannot be used in conjunction with any other offer</p>
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EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

ACTIVITIES & ATTRACTIONS

<p>Buzz Active Eastbourne Watersports</p>	<p>Royal Parade, Eastbourne, BN22 7LD Tel: 01323 417023 Email: info@buzzactive.org.uk Website: www.buzzactive.org.uk</p> <p>10% discount on all activities excluding junior group rates and one-to-one sessions.</p>
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Hailsham Pavilion Theatre	<p>George Street, Hailsham. BN27 1AE Tel: 01323 841414 Email: info@hailshampavilion.co.uk Website: www.hailshampavilion.co.uk</p> <p>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.</p> <p>Carers go Free with Cared For or 10% off the standard cinema ticket price if Carer attend individually. 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></p>
Herstmonceux Castle Gardens & Grounds	<p>Herstmonceux Castle, Hailsham, BN27 1RN Tel: 01323 833816</p> <p>Reduced entry for the cared-for person (£4) and the carer enters for FREE.</p>
The Royal Hippodrome Theatre	<p>108-112 Seaside Road, Eastbourne, BN21 3PT Tel: 01323 802020</p> <p>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.</p>
Towner	<p>Devonshire Park, College Road, Eastbourne, BN21 4JJ – Tel: 01323 434670 Website: www.townereastbourne.org.uk</p> <p>10% off all Towner promoted events and exhibitions. <i>Not valid for events presented by third parties.</i></p>
ESTATE AGENTS	
Angela Marden Estate Agents	<p>Unit 3, North Street, Hailsham. BN27 1DN Tel: 01323 818000 Email: angela@angelamarden.co.uk Website: www.angelamardenestateagents.co.uk</p> <p>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.</p> <p>10% off fees</p>
Rowland Gorringe Estate Agency	<p>Station Approach, Seaford, BN25 2AR Tel: 01323 490680</p> <p>10% discount on estate agency fees with your Carers Card.</p>
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS	
FITNESS	

<p>The Sovereign Centre</p> <p>SEN friendly fun sessions</p>	<p>Royal Parade, Eastbourne. BN22 7LQ Tel: 01323 738822 Email: eastbourneleisure@lewes-eastbourne.gov.uk Website: www.eastbourneleisure.co.uk</p> <p>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, 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 <i>The Sovereign Centre currently operates a booking system for the Full 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.</i></p> <p>SEN friendly fun pool session - first Saturday of every month (term time only) for 09:30 session which is the first of the day. Please visit the website: https://www.eastbourneleisure.co.uk/sen for full information.</p> <p>Disabled users can book disabled tickets at the reduced rate and this includes the space for a carer free.</p>
<p>Sport Eastbourne</p>	<p>Providing sports and activities across Eastbourne. Hampden Park Sports Centre, Brodrick Rd, Eastbourne, BN22 9RQ Tel: 01323 509859 Shinewater Sports Centre, Milfoil Drive, Eastbourne, BN23 8ED Tel: 01323 768614 Email: sporteastbourne@waveleisure.co.uk Website: https://www.sporteastbourne.co.uk</p> <p>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.</p> <p>Pay as you go gym prices are the same as regular memberships, these vary at each centre. <i>Cavendish Sports Centre operates reduced hours during school term time. Please see website for details</i> Show carers card when enquiring about membership and before paying for membership or monthly pass.</p>
<p>Wave Leisure Trust UPDATE!</p>	<p>Receive a discounted membership with Wave Active</p> <p>Wave Active Membership - What's Included?</p> <ul style="list-style-type: none"> • Unlimited Gym, Swimming and Exercise classes in Lewes, Seaford, Newhaven, Peacehaven or Eastbourne plus 14 day advance online booking rights via web or app. • 2 x 45-minute appointments with a qualified fitness instructor who will tailor a personal fitness plan for you. • Free personal plan reviews every 10-12 weeks to develop your goals and track progress. • 3 x FREE Fitness Day Passes for friends and family. • Free Boditrac precision body composition scan available to every new member. • Drop-in badminton and table tennis. <p>Best package - Discounted rates for a commitment to fitness. £38.50 per month by direct debit for 12 months or £423.50 per year (both without joining fee) £44.65 month-to-month (£19.95 Joining Fee)</p> <p>Eastbourne Sports Park Membership - What's Included?</p>

	<ul style="list-style-type: none"> • Unlimited Gym, Group exercise classes and athletic track training, plus 14 days advance booking rights, via our online booking website and app. • 2 x 45-minute appointments with a qualified fitness instructor who will tailor a personal fitness plan for you. • Free personal plan reviews every 10-12 weeks to develop your goals and track progress. • 3 x FREE Fitness Day Passes for friends and family. • Free Tanita precision body composition scan available to every new member. • Access to Mywellness App to keep track with your progress. <p>Best package - Discounted rates for a 12-month commitment to fitness. No joining fees ! £25.85 per month by direct debit.</p> <p>HOW TO JOIN</p> <p>If you'd like to know more about what memberships are on offer or you want to arrange a visit to check out our facilities, get in touch with our membership team by emailing memberships@waveactive.org. Our team will show you around, answer your questions and help find the right membership for you or head over to our website for more information www.waveactive.org</p>
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EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS

FOOD AND DRINK

Castle Cottage Tearoom	High Street, Pevensey, BN24 5LE (next to Pevensey Castle) Tel: 01323 762155 Email: enquiries@castlecottagetearoom.com Website: 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% off bill for carers
Downsview Butchers	8 Freshwater Square, Eastbourne, BN22 0PR Tel: 01323 505009 10% discount on their meats.
Saima Halal Grocery	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.
Simply Italian	10-11 The Waterfront, Sovereign Harbour, Eastbourne, BN23 5UZ Tel: 01323 470911 10% discount to any carer. Show your card before ordering. Offer excludes S! Special Events and any promotional or pre-discounted menus.
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. 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 #fiverthursday boxes and not valid in conjunction with other promotions. Access the offer: input code CARE20 on coupon box at the checkout.
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS	
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 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. 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
JD Hairstyling	Covering Eastbourne and local surrounding areas. Polegate, Willingdon, Hampden Park. Tel: 07506 709948 Email: joannedze@gmail.com Have your hair done by me in the comfort of your own home, by me, Jo, I have over 20 years' experience in hairdressing. Please contact me for prices.

	20% off all services
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS	
Posh Nails & Beauty	139 Green Street, Eastbourne, BN21 1SB Tel: 01323 722888 10% discount on any beauty treatments.
HEALTH AND WELLBEING	
Rejuvenate Naturally	26 Coney Furlong, Peacehaven BN10 8EH Areas covered: East Saltdean, Peacehaven, Newhaven, Seaford & Eastbourne Mob: 07725 999650 Email: paula@rejuvenatenaturally.co.uk Website: www.rejuvenatenaturally.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. 20% 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 <ul style="list-style-type: none"> • Acupuncture • Aromatherapy & Massage • Reflexology • Indian Head Massage
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 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 1 hour treatments.
Lushington Chiropractic	30 Lushington Road, Eastbourne, BN21 4LL Tel: 01323 722499 Website: www.lushingtonchiropractic.com £10 off initial consultation
Podiamed Ltd	James Wright - Podiatrist 1 Lushington Road, Eastbourne, BN21 4LG Tel: 01323 721814 Email: wrightjames7@hotmail.com Website: www.wrightpachiropodists.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
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS	
Tension Takeaway Sports Massage and Complementary Therapies	Tina Black. Based in Bexhill. Outside 5 miles of Bexhill, a charge of £5 will be added for travel. Mob: 07808 198505 Email: tensiontakeaway@hotmail.co.uk

	<p>Indian Head Massage (seated massage) and Reflexology treatments available in your own home. Mention the Carers Card and receive £5 off any one hour treatment (usually £40).</p>
HOME FURNISHINGS	
Myrtles Curtains	<p>Karen - 20 The Square Pevensey Bay, BN24 6SG 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)</p>
HOME IMPROVEMENT & MAINTENANCE	
Abacus Flame Ltd Heating engine	<p>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.</p>
Denis Bonnici Electricians Ltd	<p>35B Clarence Road, Eastbourne, BN22 8HQ – Tel: 01323 642427 Email: bonnici.electrician@gmail.com Website: www.denisbonnici.com <i>Member of Buy with Confidence – ESCC 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.</p>
Graham Cottingham Electricians	<p>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.</p>
Homesmaid Cleaning Service	<p>70 Winchcombe Road, Eastbourne, East Sussex, BN22 8DE Tel: 0800 3213873 Carers located in Eastbourne receive a 10% discount with the Carers Card.</p>
NBC Carpentry & Building	<p>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.</p>
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS	
Polegate Glazing Ltd	<p>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.</p>
SB Property Maintenance Double Glazing	<p>25 New Road, Hellingly, BN27 4EW Tel: 01323 440609 Mob: 07773 750891 10% discount on all services.</p>

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. When at checkout, put 'Carers Card' in the 'discount code' box and 10% will be taken off your order.
LEGAL AND FINANCIAL	
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).
The Legacy Partnership – Personal Estate Planners LLP	Barnwood, Lower Dicker, Hailsham, East Sussex, BN27 4BJ Tel: 07805 279360 Email: mylegacysolution@gmail.com We offer an initial complimentary meeting and assessment of your circumstances to see how we can assist. All meetings are conducted on a face-to-face basis in the comfort of your home, or care residence if preferred. Carers Card holders and their family will receive a minimum 20% off our standard fees, OR, if arranging both types of Lasting Power of Attorney, you will get one of them free! We do not use a tick box approach to providing legal solutions. We will discuss your wishes and listen to what you want to achieve and why. Together we will tailor an individual solution to meet your needs. There is very little we haven't heard before..... so don't be afraid to ask for help.
Compendium Wealth LLP, Financial Planners	Barnwood, Lower Dicker, Hailsham, East Sussex, BN27 4BJ Tel: 07532 172572 Email: compendiumservices@gmail.com We offer an initial complimentary meeting and assessment of your circumstances to see if and where we can help you improve your financial security. We conduct all meetings on a face to face basis in the comfort of your home or care residence if preferred. If you prefer an initial chat over a coffee in your local coffee shop, that's fine.

	<p>Carers Card holders and their family will receive a minimum 33% off our standard service fees.</p> <p>There is no such thing as a silly question..... please ask us and if we can help we will!</p> <p>If you have ever used a financial adviser before, you will find us very different in our approach, no jargon, no sales, just personable help, guidance and advice spoken in a way you'll understand.</p>
LOCKSMITHS	
ARM Locksmiths	<p>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.</p>
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS	
MOBILITY AIDS	
Clearwell Mobility	<p>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 Website: www.clearwellmobility.co.uk Carers Card holders receive a 5% discount on goods.</p>
Procter Health Care	<p>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.</p>
MOTORING SERVICES	
Southern Co	<p>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.</p>
Setyres	<p>Diplocks Way, Hailsham BN27 3JF Tel: 01323 840261 10% of your final bill upon production of a valid Carers Card Cannot be used in conjunction with any other offers. Please produce your Carers Card before making payment.</p>
PETS	
Sussex Pet Services	<p>79 Eastbourne Road, Willingdon. BN20 9NR Tel: 07723 492692 Email: info.sussexpetservices@gmail.com 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</p>
PHARMACY	
Procter Health Care Pharmacy	<p>69 High Street, Polegate. BN26 6AH Tel: 01323 481241 Website: www.procterhealthcare.co.uk</p>

	10% discount off sales excluding prescriptions
EASTBOURNE, SEAFORD, HAILSHAM & SURROUNDING AREAS	
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. We cover Eastbourne, Pevensey, Westham, Hailsham, Polegate, Langney and Herstmonceaux. 20% Discount Local delivery only
Fonetastic Mobile phones, accessories & support	12 Place Lane, Seaford, BN25 1LA Tel: 01323 492211 20% discount. <i>Excludes phone/dongle top-up.</i>
Janet's Flowers	8 Mark Lane, Eastbourne. BN21 4RJ Tel: 01323 737704 Email: flowers@janetsflowers.com Website: www.janetsflowers.com Eastbourne's leading florist since 1981, supplying beautiful flowers for all occasions across Eastbourne and surrounding area 10% off flowers and plants. Offer not available via our Interflora or National networks.
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.
TRAVEL & PARKING	
Driving Miss Daisy Eastbourne	Covering Eastbourne & surrounding areas Tel: 07511 134411 Email: eastbourne@drivingmissdaisy.co.uk Website: www.drivingmissdaisy.co.uk We provide companionship and transportation services for the elderly, children and disabled. Our special service provides assistance in and out of the car, going to appointments, shopping and company on

<p>Driving Miss Daisy Eastbourne cont.</p>	<p>outings. We also offer companionship in the home such as a cup of tea and chat or playing a game. Our team are first aid trained, have enhanced DBS, Private Hire licence and are dementia friends. 10% off sales over £50 Please mention and show Carers Card prior to pre-booking our service. This offer cannot be used during sale periods, cannot be used in conjunction with Driving Miss Daisy vouchers and excludes weekend travel and Companionship in the home at the weekend</p>
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HASTINGS & ROTHER

ACTIVITIES AND ATTRACTIONS

<p>Cliff Railways - East Hill & West Hill Lifts</p>	<p>East Hill Lift, Rock-a-Nore Road, Hastings TN34 3EG West Hill Lift, George Street, Hastings TN34 3EA Email: visit1066country@hastings.gov.uk Website: https://www.visit1066country.com/things-to-do/cliff-railways-east-hill-p1424931 https://www.visit1066country.com/things-to-do/cliff-railways-west-hill-p411571 Steeped in history, both these funicular railways provide access to remarkable views. Carers can access a concessionary fare £2.60 instead of £4.20 or an annual season ticket for £37 instead of £55. Currently the lifts are only accepting payment by card. For more information, please visit the websites.</p>
<p>Electric Palace Cinema</p>	<p>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.</p>
<p>Hastings Contemporary</p>	<p>Rock-a-Nore Road, Hastings TN34 3DW Tel: 01424 728377 Email: info@hastingscontemporary.org Website: www.hastingscontemporary.org Hastings Contemporary champions modern and contemporary art through an ambitious programme of temporary exhibitions. The gallery sits among Hasting’s famous net huts, overlooking the largest beach-launched fishing fleet in Europe. Opening hours: Wednesday to Sunday & Bank Holidays 11am-5pm (last entry 4.30pm). One free adult entry with a Carers Card.</p>
<p>White Rock Theatre</p>	<p>White Rock, Hastings, TN34 1JX Tel: 01424 462283 Carers go free with full paying ticket.</p>
<p>CARE SERVICES</p>	

<p>Radfield Home Care</p>	<p>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 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.</p>
<p>St Nectans Residential Care Home</p>	<p>3-9 Cantelupe Road, Bexhill on Sea, East Sussex, TN40 1JG Tel: 01424 220030 Email: info@stnectans.co.uk Website: www.stnectans.co.uk St Nectans are a residential care home, offering the elderly a safe enjoyable placement for respite or long term care. St Nectans offer family carers support, both in terms of short term day care, respite care or longer term residential care. We can also direct you to seek a financial assessment with ESCC to meet costs partly or fully. There will be a 20% discount on all fees. Please mention you found the offer through Care For The Carers.</p>

HASTINGS & ROTHER

FITNESS

<p>Dance-Ability <i>NEW!</i></p>	<p>Tel: 07942 493177 Email: abilityaccess@hotmail.com Website: www.a-2-a.co.uk/ability Dance-Ability Exercise to Music classes for the 40, 50 to 80+ years young generations. For Men & Women. The mixed ability classes are £5.00 for standing or if need to use a chair for support. Separate CHAIR classes @ just £3.00 UNTIL THE END OF MARCH 2025 (funded by Active Rother) for people who have, suffer from low mobility/ability and age relegated problems. £1 off classes with Carers Card St Michaels Church Hall, Bexhill – Monday Evenings 5.30-6.15pm – Mixed Ability The Poppy Club, Little Common, Bexhill – Thursday Mornings 11-11.45am – Mixed Ability, the second class at 12-12.45pm is Chair/Seated.</p>
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	<p>St Stephens Church Hall, Bexhill – Friday Morning 10.30-11.15am – Chair/Seated class for low mobility/ability</p> <p>St Augustine’s Church Hall, Bexhill – Saturday Morning 10.30-11.15am – for mixed abilities.</p>
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FOOD AND DRINK

Carey’s Seafood and Steak Bar	<p>3 The Strand, Rye, TN31 7DB Tel: 01747 224783 10% off meal.</p>
Home Chef Café	<p>401 London Road, St Leonards on Sea, TN37 6PH Tel: 01424 256303 5% discount on food and drinks.</p>
Kingfisher Fish & Chips & Café	<p>6 Castle Street, Hastings, TN34 3DY Tel: 01424 431 932 10% discount on food and drinks. Cannot be used with any other offer.</p>
The Old Grain Store	<p>The Strand, Rye, TN31 7DB Tel: 01797 229290 10% discount.</p>
The Pelham Coffee Lounge	<p>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</p>
Simply Italian	<p>The Strand, Rye, East Sussex, TN31 7DB Tel: 01797 226024 10% discount to any carer. 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>

FUNERAL DIRECTORS

Alan Gannon & Sons Funeral Directors	<p>1A Theaklen Drive, St.Leonards on Sea, 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 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.</p>
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Alan Gannon & Sons Funeral Directors cont.	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
C.P.J Field Haine & Son Funeral Directors	<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 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. 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. 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	
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.
HASTINGS & ROTHER	
The Isabel Blackman Centre	Winding Street, Hastings. TN34 3AT Tel: 01424 235535 Email: ibc@ageukeastsussex.org.uk Website: www.isabelblackmancentre.co.uk The Isabel Blackman Centre is a wellbeing and leisure centre for the over 50's. Featuring a lovely café with homemade, affordable meals, activity classes, cinema club, events and dances it's a place for everyone to enjoy. Upstairs we have a new state of the art exercise studio and gym which is for the over 50's only. We are open Monday to Friday 8am – 4pm so pop in at any time and become a member for unlimited access too. Bring your Carers Card to the Isabel Blackman Centre and we will give you a years' Social Membership FOR FREE. This entitles you to 10% off all food and drinks in the café, £1 off any class or activity every time you visit.
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.

	<p>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.</p>
Younique Wellbeing	<p>11 Windmill Drive, Bexhill-on-Sea TN39 4DG Tel: 01424 217630 Email: info@youniquewellbeing.co.uk Website: www.youniquewellbeing.co.uk</p> <p>We offer a 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 management, and for relaxation we also offer Creative Arts and Crafts classes.</p> <p>Participating Therapists are offering 10% off any single therapy session:</p> <ul style="list-style-type: none"> • Sunny Bambridge and Mollie Docksey are offering Aromatherapy Massage • Carol Sargent is offering Reiki • Alison Seymour is offering Counselling (- the 10% discount applies only to your initial session) <p>There is also a 10% discount for Sewing & Art Groups. Lynne Ratcliffe is offering £1 off one of her exercise classes. Visit the website for more details about each Practitioner. For more details or to book a session please contact us and mention the Carers Card.</p>
Tranquility Hastings	<p>177 Queens Road, Hastings, TN34 1RN Tel: 07565 160598 / 07947 608068 Email: tranquilityhastings@gmail.com</p> <p>Beauty salon with bespoke massages, aromatherapy, hotstone massage, Ashmira Botanica facials & body treatment, Phd safewaxing and much more in a soothing tranquil setting. Tranquility creates a positive energy and deep peace to create a harmonious balance of body, mind and spirit. Our gift as a Tranquility Therapist is a unique and personalised experience, leaving you feeling better inside and out.</p> <p>As a carer myself I understand the emotion, physical day to day challenges can be exhausting. Being a carer can bring many positives and rewards Relaxation physically and mentally play a very important part in looking after ourselves so we can look after others. My name is Lynn and I would love to welcome you for a carers only offer, unlimited 50 % OFF ALL TREATMENTS</p>
HOME IMPROVEMENT & MAINTENANCE	
Clean Easy	<p>Unit C, Little Sherwood Business Park, Icklesham, East Sussex, TN36 4BA Covering: Hastings, St Leonards, Bexhill, Battle, Rye, Robertsbridge, Fairlight and all surrounding areas Tel: 07400 183314 Email: Contact@dmsclean.co.uk Website: www.dmswindowcleaning.com Domestic and Commercial Exterior Cleaning Company based in</p>
HASTINGS & ROTHER	

DMS Window Cleaning cont.	Hastings, East Sussex. Professional, Reliable and Fully Insured. We offer: Window Cleaning, Gutter Cleaning, Solar Panel Cleaning, Pressure Washing, Carpet Cleaning, Conservatory Cleaning & More! Get in touch now for your free quote from a top rated local window cleaner. 10% off across all of our services When requesting a quote via our online quote form, Select 'Care for the Carers' in the 'Where did you hear about us' section. When requesting a quote via call, text or email , please state that you're in possession of your Care for the Carers card. We may ask to see your card on your first visit for in-person confirmation.
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.
J&K Maintenance 247 <i>New!</i>	Tel: 07939 936580 Email: jkmaintenance247@gmail.com Building & Maintenance: J&K Maintenance offer 5% discount with Carers Card on all maintenance work we provide.
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. <i>Mention the Carers Card to Jen during the free quote consultation</i>
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	
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.

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	
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.
HASTINGS & ROTHER	
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.
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.
TRAVEL & PARKING	
Town Taxis	<p>16 Station Road, Bexhill-On-Sea, TN40 1RE Tel: 01424 733733 Email: towntaxis@hotmail.com Website: www.towntaxis.com</p> <p>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. 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.</p>

HIGH WEALD, LEWES & HAVENS

ACTIVITIES AND ATTRACTIONS

Lewes Depot	<p>Pinwell Road, Lewes. BN7 2JS (adj to the railway station) Tel: 01273 525354 Email: boxoffice@lewesdepot.org Website: www.lewesdepot.org</p> <p>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.</p> <p>Carers with the East Sussex Carers Card will receive a discounted ticket of £5 before 4pm during the week.</p>
Lewes Football Club	<p>The Dripping Pan, Mountfield Road, Lewes BN7 2XA Tel: 0203 920 7442 Email: info@lewesfc.com Website: www.lewesfc.com</p> <p>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.</p> <p>Free admission for Cared For on production of the carers card. Carer receives Concession rate if attending individually. Please produce your card at the turnstile to gain entry.</p>
Newhaven Scuba Centre	101 Fort Road, Newhaven, BN25 3DH

	<p>Tel: 01273 612012 10% discount on all products and training. Excludes O'Three products and any other offers.</p>
<p>Paradise Park <i>Update!</i></p>	<p>Avis Road, Newhaven, BN9 0DH Tel: 01273 512123 Carers Card Holders go free.</p>
<p>Monkey Bizness</p>	<p>Unit 27, Cliff Industrial Estate, Lewes, BN8 6JL Tel: 01273 311566 Email: lewes@monkey-bizzness.co.uk Website: www.monkey-bizzness.co.uk Monkey Bizness is a children's soft play centre for 0-12 year olds. Imagine a venue with huge play frames, games, machines, slides and more, special areas for toddlers, free WiFi, comfy seating and a bright airy cafe serving freshly prepared food. The centre is for those aged 0 – 12 years old. The discount is 20% off the card holders entry.</p>
ESTATE AGENCIES	
<p>Angela Marden Estate Agents</p>	<p>Uckfield & Heathfield area Tel: 01323 818000 Email: angela@angelamarden.co.uk 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. 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	
<p>Wave Leisure Trust</p>	<p>Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG Tel: 01273 486000 Seaford Downs Leisure Centre, Sutton Road, Seaford BN25 4QW Tel: 01323 490011 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</p> <p>Receive a discounted membership with Wave Active</p> <p>Wave Active Membership - What's Included?</p> <ul style="list-style-type: none"> • Unlimited Gym, Swimming and Exercise classes in Lewes, Seaford, Newhaven or Peacehaven, plus 14 day advance online booking rights via web or app.

	<ul style="list-style-type: none"> • 2 x 45-minute appointments with a qualified fitness instructor who will tailor a personal fitness plan for you. • Free personal plan reviews every 10-12 weeks to develop your goals and track progress. • 3 x FREE Fitness Day Passes for friends and family. • Free Boditrax precision body composition scan available to every new member. • Drop-in badminton and table tennis. <p>Best package - Discounted rates for a 12-month commitment to fitness. No joining fee! £42.80 per month by direct debit.</p> <p>Eastbourne Sports Park Membership - What's Included?</p> <ul style="list-style-type: none"> • Unlimited Gym, Group exercise classes and athletic track training, plus 14 days advance booking rights, via our online booking website and app. • 2 x 45-minute appointments with a qualified fitness instructor who will tailor a personal fitness plan for you. • Free personal plan reviews every 10-12 weeks to develop your goals and track progress. • 3 x FREE Fitness Day Passes for friends and family. • Free Tanita precision body composition scan available to every new member. • Access to Mywellness App to keep track with your progress. <p>Best package - Discounted rates for a 12-month commitment to fitness. No joining fees ! £25.85 per month by direct debit.</p> <p>HOW TO JOIN</p> <p>If you'd like to know more about what memberships are on offer or you want to arrange a visit to check out our facilities, get in touch with our membership team by emailing memberships@waveactive.org. Our team will show you around, answer your questions and help find the right membership for you or head over to our website for more information www.waveactive.org</p>
<p>Phoenix Health Hub</p>	<p>81 High Street, Uckfield, TN22 1AS Tel: 01825 627 hello@phoenixhealthhub.co.uk www.phoenixhealthhub.co.uk</p> <p>www.facebook.com/PhoenixHealthHub www.instagram.com/Phoenix_HealthHub</p> <p>Free Spine Checks for all carers card holders. In addition £10 off chiropractic examination and Xrays (normally £50).</p>
<p>SCDA – Rickshaw, Bikes and Active Travel <i>New!</i></p>	<p>SCDA – Denton Island Community Centre Tel: 07966 144819 Email: Jamie.lloyd@sussexcommunity.org.uk Website: www.sussexcommunity.org.uk</p>

	<p>We have an electric cycle rickshaw in which we can offer fun rides for carers and the people they look after. The rickshaw can take two passengers and is piloted by experienced riders who can take the rickshaw along the seafront at Seaford, the Ouse Valley Nature Reserve or any suitable, traffic free path. We are happy to stop at accessible cafes and can assist with getting on and off the rickshaw.</p> <p>Suitable for Young Carers too.</p>
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	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
HIGH WEALD, LEWES & HAVENS	
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 <i>Now trading on Sundays from 10am until 4pm, and offering click + collect and home delivery service.</i>	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

	<p>Wealden Funerals is a true independent funeral director assuring you of the highest care and compassion at prices that are fair to everyone.</p> <p>All funeral director prices will be discounted by 10% on production of your Carers Card.</p>
HAIR & BEAUTY	
The Beauty Room	<p>Crowborough Hill, Jarvis Brook, Crowborough, TN6 2EG Mob: 07909 178475 15% off any treatments in the beauty room. Excludes gift shop/flower purchases.</p>
Blu Barbers	<p>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.</p>
HEALTH AND WELLBEING	
Anti Aging Therapy	<p>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</p>
HIGH WEALD, LEWES & HAVENS	
Anti Aging Therapy cont.	<p>collagen production and reduces expression lines & wrinkles. Holistic Facial – Luxurious pamper to soften, tone and refine skin. 25% off single treatments at each visit</p>
Cordelia Stocks Hand and Foot Reflexologist	<p>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.</p>
HOME FURNISHINGS	
The Personal Touch Interiors Interior design & home accessories	<p>22 The High Street, Heathfield, TN21 8LS Tel: 01435 860603 20% off</p>
HOME IMPROVEMENT & MAINTENANCE	
Premier Carpets	<p>85 South Coast Road, Peacehaven, BN10 8QS Tel: 01273 588830 10% discount except during sale periods.</p>
LEGAL AND FINANCIAL	
Procter Health Care	<p>1 Station Road, Heathfield, BN21 8LD</p>

	<p>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.</p>
MOTORING SERVICES	
Setyres	<p>Heathfield: Burwash Road, Heathfield, TN21 8QZ Tel: 01435 867606 Uckfield: 32 Bell Lane, Bellbrook Industrial Estate, Uckfield Tel: 01825 508039 10% of your final bill Card not be used in conjunction with any other offers.</p>
HIGH WEALD, LEWES & HAVENS	
Uckfield Garage	<p>143 High Street, Uckfield, TN22 1EJ Tel: 01825 768316 10% discount on all labour charges. Please mention prior to booking appointment.</p>
We Buy Cars - Sussex.com	<p>79 South coast Road, Peacehaven, BN10 8QS Tel: 01273 585353 10% discount on cars, MOT and service.</p>
OPTICIANS	
Ingram & Schofield Independent Opticians	<p>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, 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 an 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</p>
PHARMACY	
Paydens Pharmacy Wadhurst	<p>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</p>
Procter Healthcare Pharmacy	<p>63 High Street, Heathfield TN21 8 HU Tel: 01435 862064 Website: www.procterhealthcare.co.uk 10% discount off sales excluding prescriptions</p>
RETAIL	
A Tompsett & Son Ltd Shoe shop	<p>72 High Street, Heathfield, TN21 8JD Tel: 01435 862343 5% off except on sale goods.</p>
Aunty Wainright Antiques	<p>41 High Street, Heathfield, TN21 8HU Tel: 01435 866935</p>

Home furnishing, antiques & jewellery	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.
HIGH WEALD, LEWES & HAVENS	
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 Mon to Sat 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

	<p>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.</p> <p>For more information visit: www.nationaltrust.org.uk/features/access-for-everyone Tel: 0344 800 1895 Email: enquiries@nationaltrust.org.uk</p>
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OTHER CARD SCHEMES

<p>Discount for Carers</p> <p>Ode from Discount for Carers</p>	<p>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.discountforcarers.com</p> <p>Earn cashback with the Ode card when shopping at qualifying retailers. For more details please visit the website: www.discountsforcarers.com/carers-cashback-card</p>
<p>CarerSmart</p>	<p>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: CarerSmart (NEW) - Carers Trust</p> <p>Please note: From 20th July 2022 there is a new website. If you are an existing CarerSmart member, you will need to re-register to carry on using Carer Smart. Registration is quick and simple: you just need to provide an email address and a password. Once registered, you will be able to carry on using the site. New users of the site will need to follow the same quick and simple registration process.</p> <p>On the new landing page there is an email address that can be written to in case of any technical issues.</p>

UTILITIES SUPPORT

 <p>Making a positive difference for energy consumers</p>	<p>Utilities - Priority Services Register</p> <p>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.</p> <p>You are eligible to register and receive support if you:</p> <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> - 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. <p>Help you can get by being on the register</p> <p>The support you get may depend on your supplier, examples of support include:</p> <ul style="list-style-type: none"> • 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.
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- 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>



South East Water have a Priority Services Register, it is free to join and provides extra care and support to those who need it most.

This may be short term while you are going through some temporary life changes or longer term for those who have individuals needs or require additional support. Our Priority Services Register is available to everyone that meets our eligibility criteria including our elderly customers, those with children under 5 or those suffering a sickness or illness.

Register:

Online - <https://www.southeastwater.co.uk/help/priority-services/register-for-priority-services>.

Phone (free) - 0800 952 4000



Southern Water have help available for customers whose households income is less than £21000 per year. We also have a confidential priority register and provide a range of services for customers who have individuals needs or require additional support. We also have

help available for customers struggling with water debt as well as the potential to replace white goods where the eligibility criteria is met.

Register online - https://www.southernwater.co.uk/help-advice/join-our-priority-services-register?utm_source=care-for-carers-east-sussex&utm_medium=website&utm_campaign=carers-first

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

Updated: 07/06/23

No one left to care alone

Phone: 01323 738390 Email: info@cftc.org.uk Text: 07860 077300 Visit: www.cftc.org.uk



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