

Carers' Passport

Rewarding unpaid family carers



How and where to use your
Carers' Passport Discount Card

Making carers count

About Carers in Hertfordshire

Carers in Hertfordshire is the county's leading charity dedicated to supporting unpaid carers - people looking after someone due to their age, physical or mental illness, disability or substance misuse.

We support carers of all ages and we provide advice, information, help with problem-solving and services to enable carers to have time for themselves or improve their health and wellbeing.

Aims:

- To ensure all carers receive information, advice and support.
- To enable carers to participate in service planning and decision making.
- To provide a platform for carers' voices to be heard.

Services:

We give free support and information to family and friends who look after someone unpaid. We provide the space for you to discuss practical and emotional concerns around caring and opportunities to share experiences with others.

Carers in Hertfordshire aims to help carers take better care of themselves through breaks, leisure and learning opportunities and by ensuring they focus on their own health and wellbeing.

In Hertsmere, Three Rivers and Watford our Crossroads Care Service offers Carers Breaks where a Care Support Worker looks after the person needing care for a set time to give the carer a break. In Hertsmere we also provide domiciliary care, which involves the provision of individualised care packages. The Crossroads Care Service is regulated by the Care Quality Commission.

How to use your Carers' Passport

Welcome to the Carers' Passport

With your Carers' Passport Discount Card, we hope you'll be able to access savings for the services or items you need or do more of the things you enjoy, from a relaxing massage or a meal out to joining the gym or a trip bowling, we're sure you'll find something you enjoy.

This booklet tells you about all the offers you can access with your Carers' Passport Discount Card. All you need to do is show your card and you will be entitled to your discount.



We work hard to get new offers all the time. We'll send you regular updates, but you can always find the latest offers at www.carersinherts.org.uk/carerspassport



As a reminder to use your card, look out for stickers like this in shop windows. Please note that in some places you may not be able to use your Carers' Passport Discount Card in conjunction with other offers.

If you have any questions about using your Carers' Passport Discount Card, call us on 01992 58 69 69 or email carerspassport@carersinherts.org.uk



Making Carers Count

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We are happy to say we have secured discounts in all 10 districts in Hertfordshire, so you can save money right across the county. Please refer to the relevant pages below:

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HAPPY SHOPPING!

Countywide Offers

Butlin's
PRIVILEGE HOLIDAY CLUB

Coopers
OF STORTFORD

Jacuzzi

tollers
solicitors

HOSEASONS

wise
PROPERTY CARE
BUILDING VALUE

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Hotpoint | **PRIVILEGE PURCHASE CLUB**

DISCOVER THE FUN!
PARADISE WILDLIFE PARK

Snowbility

etc
Employer Travel Club

Johnson's
THE CLEANERS

Frankie & Benny's
NEW YORK ITALIAN RESTAURANT & BAR

Haven

dave hadley
PHOTOGRAPHY

mobilityworld

ST ALBANS MUSEUMS

LiveBetterWith

CHIQUITO
RESTAURANT BAR & MEXICAN GRILL

THE ORIGINAL
CHAMPNEYS
HEALTH SPA

Virgin
EXPERIENCE DAYS
www.careersinherts.org.uk

GO APE

Nando's

H

Jeff's
Clothes Show

Holiday Inn

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EAST ANGLIAN LOFT LADDERS

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Herts Careline
Because independence is important

npta

National Pest Technicians Association



Wiltshire Farm Foods



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jump in
TRAMPOLINE PARKS



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Arriva buses for
**Carers in
Hertfordshire**



- Save up to £190
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- Pay
by Direct
Debit

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For more information and to sign up visit:
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making sure you quote **1001Q**

For terms and conditions, visit **BUTLINS.COM/TERMS**

Champneys

10% discount



THE ORIGINAL
CHAMPNEYS
HEALTH SPA



SPA EVENINGS - Tring or Henlow Resort

Thursdays have become the new Fridays, right? So why not start the weekend early by checking out our Thursday Spa Evenings.

- ♥ Arrive at 5pm
- ♥ 5.30pm - optional fitness class
- ♥ 6.30pm - optional aqua class
- ♥ 7.00pm - optional thalassotherapy for £10 (worth £20)
- ♥ 8.30pm - dinner
- ♥ 9.45pm - depart
- ♥ Depart at 10pm

Your Spa evening also includes:

- ♥ Additional treatments (available between 5.30pm and 8pm)
- ♥ Complimentary Champneys robe and flip flop hire
- ♥ Use of spa facilities
- ♥ Three-course evening meal

ESSENTIAL DAY - Tring or Henlow Resort

So much can be achieved in just one day, so make the most of it.

The Essentials Day gives you the freedom to create your own programme, so choose what you want to do and let our experts take care of the rest.

- ♥ Arrive at 9am
- ♥ Welcome drink
- ♥ Welcome refreshments*
- ♥ Complimentary Champneys robe and flip flop hire
- ♥ Use of spa facilities
- ♥ Choice of more than 20 exercise classes
- ♥ 3 course buffet lunch
- ♥ Option to add additional treatments
- ♥ Depart at 6pm

Offer Monday to Thursday only and not applicable with any other offer.
It is also subject to availability.

*Please see website for further details www.champneys.com

To book email: Corporate.Bookings@champneys.co.uk quoting 'Carers in Herts booking'. Passport Discount Card will need to be shown on check-in.

Chiquito

20% off at:



**Hatfield, Hemel Hempstead
& Watford**

Here at Chiquito we're passionate about food! Our dishes are made with the tastiest of ingredients, packed full of flavour to really tantalise your taste buds. Whether you're looking for a tasty treat or a light bite, our menu features this and much, much more! Sizzling specials, hot fajitas or Mexican favourites for the more adventurous.

Need a touch of inspiration? Ask one of our friendly and knowledgeable team members about what gets their mouth-watering! So sit back, relax and soak up the atmosphere...
Welcome to the Chiquito.

Terms & Conditions apply:

**20% off food from the main menu. Valid Sunday to Friday
up to 6 guests. (Not valid in conjunction with any other offer).**

CHIQUITO

RESTAURANT BAR & MEXICAN GRILL

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Computer sales & repairs



**Free fault finding service worth £24
for holders of the Carers' Passport!**

All our staff are checked with the Disclosure and Barring Service (DBS) for your peace of mind. We are also a member of the Trading Standards 'Buy with Confidence' scheme which provides consumers with a list of local businesses which have given their commitment to trading fairly. Every business listed has undergone a series of detailed checks before being approved as a member of the scheme.

www.computerwizard.co.uk

Unit 2 Executive Park, rear of 227 Hatfield Road,
St Albans AL1 4TB

Telephone 01727 861 010 for details.



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OF STORTFORD

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Enjoy easy and secure online shopping with us 24 hours a day, 7 days a week with plenty of exclusive internet offers.

We are offering unpaid carers in receipt of a Carers' Passport free post and packing – worth £4.99 – subject to a minimum £15 spend online from our website www.coopersofstortford.co.uk

In stock orders are normally delivered within 5 days using a tracked courier service and we offer a no quibble, money back guarantee!

Simply insert the special discount code supplied to you by Carers in Hertfordshire and start shopping!

And if you have the chance, why not pop in and visit our shop in Bridge Street, Bishop's Stortford, Hertfordshire, and see all the other products we sell!

*Terms and Conditions

- Cannot be used in conjunction with any other offer.
- Cannot be used to pay for Coopers of Stortford gift vouchers.
- Offer valid online only.

Dave Hadley Photography



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Photography services for Weddings, Parties, Christenings, Anniversaries, Bar Mitzvahs and many more.

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dave hadley
PHOTOGRAPHY

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(Please note this offer excludes wasps nests)

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Mobile: 07947 380 400

Email: dawpestcontrolservices@gmail.com



National Pest Technicians Association

De Havilland Aircraft Museum

10% off concession



The de Havilland Aircraft Museum is the oldest aviation museum in the UK dedicated to the preservation and display of de Havilland Aircraft. The de Havilland Aircraft Company played an important role in the history of aircraft development in 20th century Britain.

The de Havilland Aircraft Museum's mission is to preserve and communicate the de Havilland Heritage to ensure that current and future generations of all ages will understand de Havilland's contribution to innovative British Aviation technology.

The de Havilland Aircraft Museum's volunteers are dedicated to restore de Havilland aircraft and artefacts. We have built a New Hangar that will provide additional facilities to enable more of our aircraft to be under cover and ensure the restoration process can continue in all weathers as well as providing our visitors with the opportunity to enjoy practical and informative learning opportunities

**Opening times: Tuesday to Sunday & Bank Holidays
10.30am - 5pm (last entry 4pm)**

*Offer valid on production of your Carers' Passport Discount Card to Admissions Staff. Cannot be used in conjunction with other offers or group visits. The offer is not cash transferrable.

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www.dehavillandmuseum.co.uk
Salisbury Hall, London Colney AL2 1BU



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Terms & Conditions apply:

20% off food from the main menu.

Valid Sunday to Friday up to 6 guests.

(Not valid in conjunction with any other offer).

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Offer valid until 31st December 2020, excludes Saturdays, bank holidays, corporate events and purchase of gift vouchers. Discount code must be entered at time of booking. Only valid at Cockfosters and Wendover. Participation and supervision rules apply - please see our website. Not to be redeemed in conjunction with any other discounts or promotions.

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100% natural, organic and vegan beauty products.

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www.facebook.com/GlowingGaiabyChloe

www.etsy.com/shop/GlowingGaiaByChloe

Instagram: @glowinggaiabychloe



HAD

5% off all products



HAD (Hertfordshire Action on Disability) is a charity and not-for-profit organisation that has always prided itself in caring for carers, therefore we welcome the opportunity to be part of the Carers' Passport Discount Service.

We aim to give free, impartial information and advice to all carers on various kinds of assistive equipment and relevant services.

Our Equipment Centre stocks a large range of products aimed at promoting safety and independence, after careful assessment of your loved one's needs via our Occupational Therapists and trusted assessors.

Products cover the whole spectrum of activities of daily living from toileting to bathing, including continence items, to mobility equipment such as walking sticks to scooters.

We also host a very popular seating clinic in Welwyn Garden City and Hemel Hempstead. Run by an Occupational Therapist it looks at finding the right riser recliner or fireside chair to meet your needs.

There is never any pressure to buy as a successful outcome for you is a job well done by us.

We are based in Welwyn Garden City and welcome visitors from all over Hertfordshire and the surrounding counties.

**Please visit our website at www.hadnet.org.uk
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Registered charity No: 1059015 Company Limited by Guarantee.
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As a carer in Hertfordshire we can help your money go further with up to 10% off a Haven holiday making it much easier for you all to spend some well deserved, quality time with your families at one of our beautiful coastal parks.

To access your discount please use the code included in the welcome letter that you received with your Carers' Passport Discount Card. For existing card holders please ring Carers in Hertfordshire on 01992 58 69 69.

To book please call 0333 202 5423

(calls cost 10p per minute plus network extras)

*Please note discount is only redeemable over the phone and cannot be redeemed retrospectively.



Herts Careline

5% discount



Herts Careline and Hertfordshire County Council recognise the enormous contribution that carers make to their local community. That's why we've joined forces to develop a range of discounted services that are specifically tailored to meet the needs of carers, provided at an affordable price. A Herts Careline community alarm or telecare package provides the reassurance of knowing that help is on hand, via our Hertfordshire based Control Centre, at the press of a button 24 hours a day, 7 days a week. This is especially important for times when you can't be with the person you care for, perhaps if you're at work, at an appointment, or taking a much deserved break. Unlike other providers, we offer choice as to the level of help on offer so that we can meet your needs - you can be your loved one's first point of contact if they press their alarm button or we can provide round the clock cover, whichever suits you.

We look forward to supporting you.

Price (as of 1 April 2019)

- From £20 per month (+VAT if applicable) to cover the maintenance of the equipment, monitoring of calls, and Emergency Fallback Response Service.
- No equipment charges or installation fee (usually up to £132).
- No upfront costs or long term contracts.

Please quote Carers' Passport when you call us Tel: 0300 999 2 999 or add this to the enquiry form at www.care-line.co.uk



Herts Careline
Because independence
is important



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*carers please refer to your
welcome letter for the
discount code information*

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SCHEME ID: CARE/HER

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We are offering 10% off all clothing and footwear purchased through the Carers' Passport Scheme.

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Berkhamsted
HP4 1AL

TEL: 01442 875 395

www.johnsoncleaners.com/New-Berkhamsted

St Alban's Branch
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Everard Close, St Albans
AL1 2QU

TEL: 01727 834 401

www.johnsoncleaners.com/St-Albans-Sainsburys

London Colney Branch
C/O Sainsbury's, Barnet Road
Colney, St Albans
AL2 1BG

TEL: 01727 825 229

www.johnsoncleaners.com/London-Colney-Sainsbury



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20% discount



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Lancaster Way, Bishop's Stortford
CM23 4DA

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www.johnsoncleaners.com/BishopsStortford

Harpenden Branch
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Harpenden
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TEL: 01582 715 321

www.johnsoncleaners.com/Harpenden

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Royston
SG8 9AA

TEL: 01763 242 173

www.johnsoncleaners.com/Royston

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Welwyn Garden City
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www.johnsoncleaners.com/Welwyn-Garden-City



Jump In

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Email: hello@gojumpin.com

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* Excludes Special Offers & Sale Items

Nando's

20% discount
(*exclusions apply)



Carers' Passport Discount Card holders can now access a 20% discount at the following Nando's restaurants with no time or day restrictions:

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EDGWARE
STANMORE

**Discount available strictly on production of a Carers' Passport Discount Card at time of purchase*

- * Up to a maximum of £20
- * Offer not valid for online take away orders
- * Only available at the above-named restaurants



Paradise Wildlife Park
10% Off An Adult Ticket On
Presentation Of A
Carers Passport Card
(Purchased At Entrance Gate Only)



Paradise Wildlife Park is rated Hertfordshire's No.1 Attraction by TripAdvisor and is Europe's leading zoo for animal experiences like hand feeding a big cat or meeting the meerkats. Paradise is home to over 800 exotic animals with tigers, white lions, snow leopards, jaguars, penguins, red pandas, lemurs, monkeys and reptiles, including the largest anaconda in the UK.

Please be advised only Carers Passport Card holders are able to purchase tickets from the entrance gate. All other tickets must be purchased in advance via our website.



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Snow sports coaching for carers, additional needs students and rehabilitation challenges.

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“ Not only has Harry learned to ski which in itself is amazing, he has learned some invaluable life lessons too. His independence, confidence and self-awareness have all been boosted by skiing. ”

Karen, mum to Harry

Based out of The Snow Centre in Hemel Hempstead, Snowbility has been helping thousands of people over the last few years, from carers to additional needs students, to ski and snowboard. Working on a one-to-one basis, our fully-qualified coaches work with their students to not only develop their ability on the slopes, but to also help them with their social skills, such as communicating, listening, confidence and self-esteem.

To find out how Carers Passport can make a life-changing difference to carers of all ages through snow sports, please contact Richard Fetherston or Lesley McDonald:



01442 773007



snowsports@snowbility.co.uk



www.snowbility.co.uk

The Snow Centre

St Albans Hill, Hemel Hempstead
Hertfordshire HP3 9NH

Tollers Solicitors **10% discount**



Tollers are pleased to offer the following discounts to unpaid carers in Hertfordshire in recognition of the hard work and dedication involved in being a carer.

10% off Wills, Powers of Attorney and Deputy Orders

We understand that your loved ones are special to you and that caring for them can sometimes be a difficult and emotional responsibility. Getting your legal affairs in order can make things much easier for them and for you.

Putting a Power of Attorney or Deputy Order in place can allow you to make financial and welfare decisions. A Will can protect the vulnerable by putting money into the care of Trustees, who can then provide for your loved ones. Our lawyers specialise in these matters and also deal with bereavement and obtaining probate.

We offer friendly, face-to-face advice from a qualified legal professional and free home visits, so there is no need to worry if you are unable to make it into our office.

10% off buying or selling your home

Our conveyancing team understand that moving house can be stressful at the best of times and our team offers an efficient, quality service to ensure that your transaction proceeds smoothly to completion.

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Verulamium Museum

Free entry



VERULAMIUM MUSEUM

Free of charge entry to unpaid carers

The Museum of everyday life in Roman Britain. Verulamium Museum is on the site of one of the major cities in Roman Britain, now an attractive park. Inside you will find: Recreated Roman rooms, hands-on discovery areas, video presentations, touch screen databases and some of the finest Roman mosaics and wall plasters outside the Mediterranean.

Free gallery talks commence at 3pm on Saturdays and Sundays.

See our What's On pages on our website for further details of other activities.

The museum has a shop selling souvenirs, books and affordable pocket money items for children.

Opening Hours

Monday - Saturday 10am - 5.30pm

Sunday 2pm - 5.30pm

Last admission 5pm



St Michael's Street, St Albans AL3 4SW

Telephone 01727 751 810,

www.stalbansmuseums.org.uk



Virgin Experience Days

20% discount



Treat someone special to an unforgettable treat, an amazing day out, or even a once in a lifetime experience—or treat yourself to something you’ve always wanted to do. Gourmet masterclasses and Michelin meals, short breaks and spa days, supercar drives and super-high skydives—its all on the menu at Virgin Experience Days, and better value than ever with a 20% discount on over 3,000 experiences!

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How to obtain your discount:

Please visit www.virginexperiencedays.co.uk and then insert the discount code (given to you on your Carers' Passport Welcome Letter) at checkout..

If you would prefer to speak to one of our friendly Experience Expert's please call **0844 504 0844** and quote the discount code mentioned above—they'd love to help you find the perfect gift.

Virgin
**EXPERIENCE
DAYS**

www.carersinherts.org.uk

Warner Leisure Hotels

£10 per person off holidays



Come and enjoy a stay in one of our 13 stunning locations throughout the UK. All of our hotels are situated in wonderful places with acres of lovely gardens ready to be explored. So whether it's a country manor deep in the heart of the British countryside or a coastal chalet nestled in a beautiful seaside village, we have the perfect location for you.

If you're wondering what's included in a Warner break, the answer is plenty! With good food, live music and shows, and a whole host of things to do during the day, you'll be spoilt for choice.

As a Privilege Holiday Club member, you'll receive:

- Savings of up to £350*per room
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- Full use of the leisure facilities
- Live music and shows every evening
- Just for grown-ups!

*Savings of up to £350 per room is on certain breaks and subject to availability. £10pp saving will be applied at time of booking when quoting **PHCOFFER**. All persons in your booking must be aged over 21 years. All holidays booked less than 10 weeks of the holiday start date must be paid in full at booking. Full terms and conditions apply as stated on the website. Calls to 03 numbers are charged at the standard UK rates and will be included in any inclusive minute bundles. Bourne Holidays Limited (trading as Warner Leisure Hotels) is a company registered in England and Wales with company number 01854900 whose registered address is 1 Park Lane, Hemel Hempstead, Hertfordshire, HP2 4YL.

To book call 0333 202 0304
Quote **PHCOFFER**
Visit warnerhotels.co.uk/phc



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**£5 off first order
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Wiltshire Farm Foods delivers delicious, nutritious frozen meals directly to your freezer. If getting out and about is difficult or you simply want to spend less time in the kitchen, let us take care of mealtimes. Our helpful and friendly drivers are DBS checked and will put your meals in the freezer for you. We offer a selection of over 250 meals to suit all tastes and appetites.

Available countywide EXCEPT in WD and AL postcode areas.



Wiltshire Farm Foods

taking care of mealtimes



CALL TO ORDER

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10% discount

As condensation and damp specialists, we see the effects of **condensation** within properties on a daily basis.

Using our vast experience, we have selected a range of condensation products we believe will help alleviate damp and **treat condensation problems** in the majority of homes. As members of Carers in Hertfordshire, we are delighted to offer you 10% off all our excellent DIY condensation products.

These products include Anti-Mould Spray, Anti-Mould Additives, Anti-Condensation Paint, Dehumidifiers. These DIY products are easy to use at affordable prices and available at discounted rates for all carers.

www.wisepropertycare.com/services/condensation/treatment-solutions/shop



East Herts & Broxbourne

Always Bee You 10% Discount



A team of caring and experienced people dedicated to providing quality person centred services for adults with learning disabilities. We run work training sessions at PWP and Premier Inn and we also provide exciting social activities including Clubbercise, singing with professional tutor, craft sessions, garden activities, karaoke, disco's and themed party evenings. Our weekly social is on Wednesdays, 6pm-9pm at Southern Maltings, £15 per person Inc. buffet. 10% discount off Wednesday night ticket with Carers' Passport card.

Tel: 07850 497 052

Email: jo@alwaysbeeyou.uk

Southern Maltings, Kibes Lane, Ware SG12 7BS www.alwaysbeeyou.uk

Amanda's Mobile Hairdressing 10% discount



Available Monday-Wednesday, from 9am-5pm only. Valid on production of a Carers' Passport Discount Card. A freelance ladies mobile hairdresser with more than 18 years experience. Offering cutting, colouring, blow drying, setting and perming. I cover Hertford and Ware areas. For a friendly and professional service:

Please call Amanda 07725 807 601



**Ladies Mobile
Hairdresser**

Attend2Health 10% discount



Our mission is to provide the best possible care to our patients. We offer a free 15 minute chat to make sure we can help you. Our services include:

Chiropractor, Osteopath, Physiotherapy, Neurological Physiotherapist, Wheelchair Seating and Posture Assessments, Chiropody and Podiatry, Acupuncture and Reflexology. We are open 7 days a week. Have a question?

Call us now on: 01763 87 80 87

58 High Street, Buntingford SG9 9AH

Email: info@attend2health.co.uk

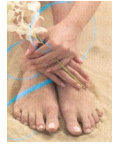
www.attend2health.co.uk

Beauty by Tracy

15% discount

Mobile beauty therapist Tracy, would like to offer all unpaid carers in receipt of a Carers' Passport Discount Card, a 15% discount off of the following: Manicures, pedicures, gel nails, individual eyelashes, Henna tattoos, plus face painting and face painting parties.

For further information contact Tracy on 07852 163 562



Bell Pharmacy

10% discount



10% discount off everything (excluding prescriptions) to unpaid family and friend carers; strictly on production of your Carers' Passport Discount Card.
Open: Mon - Fri 9am - 6.30pm, Sat 9am - 1pm, Sunday closed.

Providing NHS services.

Tel: 01279 722 201

2-3 Forelands Place, Sawbridgeworth CM21 9QD

mail@bellpharmacy.co.uk www.bellpharmacy.co.uk

Bespoke Pest Control

10% discount



For all your pest control needs mice, rats, wasps, ants, bed bugs, cockroaches and all other pests. I can provide one-off treatments, emergency response, comprehensive regular service and multi-site service agreements; covering Broxbourne, Hoddesdon, Hertford and Ware. I always give preventative advice to prevent re-infestation and use environmentally-friendly and humane products wherever I can.

Tel: Mobile: 07919 441895 Office: 01920 877742 or

Email: bespokepestcontrol@gmail.com



Brickendon Grange Golf Club

25% discount



Unpaid carers will receive 25% off their **first** year of subscriptions to the golf club which will allow full access to the clubhouse facilities, driving range, a 5 hole pitch 'n' putt course and 18 holes. Available for all categories of membership (excluding student membership).

To join or for more information please call the office on:

01992 511 258 (option 5) or email play@bggc.org.uk

Brickendon Grange Golf Club, Pembridge Lane,
near Hertford SG13 8PD



Café Rouge

25% discount - food & drink

Serving a delicious all-day menu of classic French dishes with a contemporary twist; from steak frites and boeuf bourguignon to a selection of croques, baguettes, salads and more - whatever the time of day, we have a dish to suit your mood. *This offer is strictly on production of your Carers' Passport Discount Card, not in conjunction with any other offer – excludes Christmas Day and Bank Holidays. Not available with the set menu.*

Tel: 01992 535 363 3 Parliament Square, Hertford SG14 1EX



CAFE ROUGE
EST. 1989

Cheshunt Park Golf Centre

20% discount on non-peak tee times

An 18 hole, par 71 course set within the mature natural features of Cheshunt Park. The Centre welcomes members and visiting golfers and also offers a range of lessons, venue hire and society packages. The 20% discount on non-peak tee times includes weekends. Terms & conditions apply.



Tel: 01992 624 009 or book in person at reception

www.broxbourne.gov.uk/leisure

Park Lane, Cheshunt EN7 6QD



CinnabarCafé

10% off food and drink

Stylish and relaxed coffee houses, cocktail bars, restaurants and nightclubs. Our ethos is to provide fantastic service, great quality produce in a warm and friendly atmosphere where you can while away the hours with great food, fine wine or perfect cocktails. 10% discount is available to unpaid carers on production of their Carers' Passport; please note that this offer excludes evening drinks and parties of 10+.

Tel: 01992 660 660

88-96 Fore Street, Hertford SG14 1AA



Clean & Sew Dry Cleaners & Launderers

10% discount

Dry cleaning, laundry service, alterations and repairs, bridal service, curtains, specialist leather and suede cleaning, household duvets and rugs, plus ironing service. Opening hours: Monday-Friday 8am-6pm, Saturday 9am-5pm, Sunday closed.

Tel: 01279 503 854

Unit 7 Thorley Neighbourhood Centre,
Bishops Stortford CM23 4EG



Contexture Theatre

30% discount

Contexture Theatre is a professional theatre company based in Bishop's Stortford producing a year-round programme of plays, educational work & community-based activities. Please note this offer is for unpaid carers only and valid strictly upon production of a Carers' Passport Discount Card. For further information please contact us:

www.contexturetheatre.com Tel: 01279 461 285
enquires@contexturetheatre.com

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Coopers of Stortford

15% discount

Coopers
OF STORTFORD

A home and garden store and florists of distinction with Margaret Kay. Our friendly and experienced team looks forward to offering Carers' Passport holders a 15% discount on full price items. Free parking available on site.

- Cannot be used in conjunction with any other offer
- Cannot be used to pay for Coopers of Stortford gift vouchers
- Offer valid in store only.

Margaret Kay
Flowers & Wines
at Coopers of Stortford

Tel: 0844 482 4400

11 Bridge Street, Bishops Stortford CM23 2JU



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£3 per session

Nordic Walking is a low impact exercise meaning less pressure on your joints. You can burn up to 100 calories every 15 minutes, each session is 90 minutes! It helps keep stress under control and bones strong. Suitable for all levels and you can walk in all seasons, day and night.

Call Hazel Smith Tel: 07894 945 216

www.eastherts nordicwalking.org



Energy Balancing & Relaxation Sessions

33% discount

Reiki, Spiritual & Intuitive Healing. 45 minutes in a chair or healing couch in my dedicated healing room. No need to remove clothing, healing can take place with or without touching the body, whatever is comfortable for you. Special offer of £20 (usually £30) weekdays & evenings. Reiki Federation member, full practitioner insurance.

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Based in Dane End

Mobile: 07739 476 595
joyaddison@yahoo.com



Fanshawe Pool & Gym

Concession rates

A new and improved gym, multi activity room and a swimming pool. This gym offers the very latest in fitness equipment and is staffed by our fully qualified gym staff. In the pool you will find our award winning swim school, as well as a range of water based activities.

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Park Road, Ware SG12 0DP

www.everyoneactive.com/centre/fanshawe-pool-and-gym

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Fit4Less £19.99 per month

(usual price £24.99) + No joining fee

Just £19.99 per month (usual price £24.99) and no joining fee or contract, all classes are included. In the town centre, fully air conditioned gym, 8,000 sq ft with a studio. Ideal if you are looking to get fit, but don't want to pay high prices or commit to a contract. We provide cardio, resistance, free weights, functional and stretch equipment plus a great selection of classes.

Tel: 01992 351 301

Email: hoddesdon@f4l.com

110-114 High Street, Hoddesdon EN11 8HD



Forever Me

20% discount

(Mon-Wed only) Exclusions apply

Welcome to your new Town Day Spa. Enjoy luxurious surroundings, 1st class treatments and the highest possible attention from our dedicated team. From your basic beauty needs to our advanced lipo treatments and hair salon we truly are your one-stop-shop in a luxurious, fun & vibrant atmosphere.

Tel: 01992 450 615 or email info@for-everme.co.uk

Tudor Hall, 23-24 Conduit Lane, Hoddesdon EN11 8FN



Fun Junction Soft Play & Party Centre

20% Discount*

'Award Winning Play Centre' (Sophia's Diary 2019) with separate baby and toddler area, additional outdoor play area and free onsite parking. 70+ seater café (Food Hygiene Rating = 5) with freshly prepared food/snacks and hot/cold drinks. Height restriction applies, suitable for children 146cms and under. *Not to be used in conjunction with any other offer.

Tel: 01992 628 422 Email: funjunction@hotmail.com

www.funjunction.co.uk Sat Nav postcode EN7 6LB

Fairley House, Andrews Lane, Cheshunt EN7 6LA



Grange Paddocks

Concession rates

Offering the local community a range of indoor and outdoor facilities. Outside there are 13 sports pitches and a 1500m trim trail for runners. Indoors is serviced by a crèche, meeting room, two swimming pools, gym and group exercise studio. The gym is stocked with the very latest fitness equipment. The swimming pools offer our award winning swim school as well as a range of water based activities.

Tel: 01279 652 332 Rye St, Bishops Stortford CM23 2HH
www.everyoneactive.com/centre/grange-paddocks-leisure

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Guideposts-Cross Street Shop

10% discount

Unpaid carers now receive 10% off at our Guideposts Cross Street shop when in receipt of a Carers' Passport Discount Card! Guideposts is proud to be a long-standing provider of support for the carers of people with learning disabilities and mental health problems in Hertfordshire. Our shop sells unique, handmade art work and offers retail and employability work training.

3 Cross St, Ware SG12 7AH www.guideposts.org



Guideposts
Here for You



Halfords Autocentre

Up to 50% off

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For further information Tel: 01279 466 536
Unit 3 Stort Valley Industrial Estate, Stansted Road, Bishops Stortford CM23 2TU



Hartham Leisure Centre

Concession rates

Offering a range of indoor and outdoor facilities. Outside there are a variety of outdoor sports available and a pavilion with changing facility as well as a six rink bowls facility. Inside you will find a gym, group exercise studio and swimming pool.

Tel: 01992 584 000 Hartham Common Hertford SG14 1QR
www.everyoneactive.com/centre/hartham-leisure-centre

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Hertford Bowls Club

Free Boccia Sessions

Come and try a new sport.

The Club invites all carers to free sessions at Wallfields, Pegs Lane, Hertford, EVERY THURSDAY 10am to 12pm noon. Come and enjoy a relaxing morning with fellow carers. To book yourself a place:

Tel: Jim Smith at the Hertford Bowls Club on 01992 558 070

or Carers in Hertfordshire on 01992 58 69 69 or

email: learning@carersinherts.org.uk



Hertford Chiropractic Clinic

10% discount



We will explain what to expect at your first consultation and how a course of chiropractic treatment might help you. We would like you to understand that a Chiropractor is not just there when you are in pain, but how to make you feel a lot better.

Tel : 01992 581 770

15 Ware Road, Hertford SG13 7DZ



Hertford Theatre

Concessionary price

Situated in Hertford, the theatre offers a wide range of shows, films and events in this modern contemporary space. Why not pop in and see us for a coffee? Concession prices where applicable.

Box office: 01992 531 500

www.hertfordtheatre.com

The Wash, Hertford SG14 1PS



Holisticare Physiotherapy & Myofascial Release

10% discount

At Holisticare we change the lives of people who think they can't be helped in a safe, caring, expert and professional environment. We can work with your body, to find & treat the cause of your pain, tension and inflammation by untangling the restrictions that build up throughout your life. We welcome phone enquiries.

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Brook View, Town Farm, Hatfield Broad Oak, Herts. CM22 7LF



HOLISTICARE



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10% discount on Repairs

iSmashedit Repairs is a fast, friendly, professional repair centre for smartphones, tablets and other small electronics. We're based in Hoddesdon but we offer a local collection & delivery service to make your repair needs as easy as possible. Give us a call or pop in and see one of our friendly team. We're here to help!

Tel: 01992 465 788
126 High Street, Hoddesdon EN11 8HD



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Email: marshallj68@me.com RSPH/BPCA Certified, NPTA member



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The perfect place for kids and adults to be entertained, and great exercise too. With something for everybody inc: 50 linked trampolines, two tumble lanes for budding gymnasts, a slam dunk zone, hang tough bars, jousting beam, cardio climb wall, 2 children's party rooms, a 74-seater café and viewing area plus lockers to keep everything secure.

Tel: 01992 842 454 Email: info@jumpcityuk.co.uk

Unit 20 Fairways, New River Trading Estate, Brookfield Farm, Cheshunt EN8 0NJ www.jumpcityuk.co.uk



Leventhorpe Pool & Gym

Concession rates

Offering the opportunity to get active both in and out of the water. The swimming pool offers our award winning swim school as well as a range of water based activities while the gym is stocked with the latest fitness equipment motivation.

Tel: 01279 722

490 Cambridge Road, Sawbridgeworth CM21 9BY

www.everyoneactive.com/centre/leventhorpe-pool-and-gym



Lindsey Fitness

33% Off - Pay As You Go

Running fun, friendly, functional fitness and lifestyle weight loss classes (optional) for over 23 years in Ware and Welwyn. A variety of classes for all ages and abilities. Sessions include Aerobics, Fitness, Pilates, HiiT (High Intensity) & a Fitness Boot Camp. Excludes Friday De-stress Pilates Session at Sir Frederic Osborn Sports Centre. Please contact Lindsey in the first instance for your first class.

Tel: 01707 334229 lindseyfitness@btinternet.com
[Facebook.com/fitnessherts](https://www.facebook.com/fitnessherts) @lindseyfitness



LloydsPharmacy

10% discount

Hertfordshire's unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire strictly upon production of a valid Carers' Passport Discount Card.

29 High Street, Buntingford SG9 9AB
 5-7 St Andrew Street, Hertford SG14 1HZ
 16 Fawkon Walk, Hoddesdon EN11 8TJ
 Hoddesdon Sainsbury's, Brewery Road, Hoddesdon EN11 8HF
 The Thorley Centre, Thorley, Bishops Stortford CM23 4EG

*Excludes NHS prescriptions, private prescriptions, current promotion lines and cannot be redeemed against coupons.



LloydsPharmacy

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As local mechanics our reputation has grown throughout the years. We have the latest equipment in the industry which helps us get the best & accurate results for every customer. You will not find a better car mechanics in Bishop's Stortford for the price & service. We are Retail Motor Industry Federation approved so you know you're in safe hands.

www.mattsautorepairservices.co.uk Tel: 01279 653 494
info@mattsautorepairservices.co.uk
 Bryan Road, Bishops Stortford CM23 2HR



Nadia's Cake Creations Cupcake Classes **14% discount**

Cupcake decorating classes, learn to pipe a buttercream rose, use a variety of moulds and other tools to make 6 cupcakes with a professional finish. Learn new skills, in a relaxed, fun environment. Just bring along your apron and I'll supply the rest. You'll leave with a box of 6 cupcakes that you've learnt to create yourself!

Tel: 07979 107745 Email: nadia_vaughan@yahoo.com
www.facebook.com/Nadias-cake-creations-688814304594222/
 Based in Bishops Stortford



Niti Pharmacy **Up to 20% discount**



Hertfordshire's unpaid carers can now access up to 20% discount off a selection of products in store; this offer is available strictly upon production of a Carers' Passport Discount Card. We run a free repeat prescription collection and delivery service and can provide community dosette packs. *Excludes NHS prescriptions, private prescriptions and current promotion lines.

The Pavilions Shopping Centre, 26 High Street, Waltham Cross EN8 7BH



Nockolds Solicitors **Free 20 minute meeting**

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To book your appointment, please call 01279 755 777

Please quote 'Carers Passport' when telephoning.

Or visit www.nockolds.co.uk

6 Market Square, Bishop's Stortford CM23 3UZ



Nuffield Health **10% discount**

The Relaxation Area, based within Nuffield Health would like to offer 10% off any treatment to Carers' Passport Discount Card holders. We currently offer a range of therapies including: massage, facials, waxing and manicures/pedicures. The Relax Spa is open to members and non-members of Nuffield Health.

Tel: 01279 507 002

www.nuffieldhealth.com/gyms/bishops-stortford

2 Anchor Street, Bishops Stortford CM23 3BP



Nuffield Health

Corporate rate

Wellbeing Membership offers a more personal approach to fitness. Whatever your goal, we have a team of experts waiting to get you there. Our Fitness Membership gives you access to great fitness facilities and professional health care services to support you in a healthy lifestyle. Creating a unique programme to help you achieve your goal.

Tel: 01992 584 765

www.nuffieldhealth.com/gyms/hertford

Madford Retail Park, Ware Road, Hertford SG13 7RQ

 **Nuffield Health**



Nuffield Health

Discounted rates

Our memberships offer a more personal approach to fitness. No matter what your goal is we can help you achieve it. As a member you'll be entitled to free support in the form of programme design and a health MOT every 3 months. Our facility boasts a 20m swimming pool, spa, sauna and steam room along with a relax spa, nursery, café and over 80 classes per week.

Tel: 01279 507 002

www.nuffieldhealth.com/gyms/bishops-stortford

2 Anchor St, Bishops Stortford CM23 3BP

 **Nuffield Health**



Priory Lido

Concession Rate

Heated to a minimum of 80°F and open from mid-May to early September. Fully qualified lifeguards and first aider on duty at all times. 30m main pool, teaching pool and small toddler play area. Seating and grass areas to sunbathe and eat picnics. Indoor changing rooms, toilets and showers. Refreshment kiosk.

Tel: 01920 460 703

Email: warelido@gmail.com

Priory Street, Ware, SG12 0DE www.waretowncouncil.gov.uk

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Westmill Farm, Near Ware SG12 0ES

Email: ribvalleyangling@btconnect.com



Rib Valley Angling

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Email: vhaslam@googlemail.com

FB: @sawbobabies



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End of life companion offering holistic support. Non-medical and non-denominational. Using my skills to recognise and best support the emotional and spiritual needs of each individual person. I can support a patient in their own home, but training has been adapted to fit within NHS hospitals, hospices, nursing and care home environments too.

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Based in Dane End

Mobile: 07739 476595
joyaddison@yahoo.com



Stortford Shuttle The Town Bus for Everyone!

50% discount

The Stortford Shuttle starts and finishes at Herts & Essex Community Hospital in Bishops Stortford. It calls at Thorley, Havers, Parsonage areas and loops twice through the town centre each hour. It runs every weekday except bank holidays.

For timetable information call 01279 712 146
www.bishopsstortford.org/stortford-shuttle



Sum Dea

Up to 20% discount

Tired, overwhelmed or emotionally drained? Did you know there is an effective alternative to address these and many other issues, empowering people who would like to take a more natural approach to their health.

Please contact:

Josephine Chorley BSc (Hons) LCCH

Experienced/qualified homeopath Tel: 07929 769 721



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Offering acupuncture, massage & reflexology for optimum health & wellbeing. Helpful for stress & mood, sleep, relaxation, tension & pain. Experienced practitioner, registered with CNHC & BAAC professional bodies. Contact Sunny today.

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Tel: John on 07725 415 826
Based in Westland Green

www.supalawns.com
info@supalawns.com

Supalawns 
Professional Lawn Care



The Family Opticians

Free membership

The Family Opticians are happy to offer unpaid carers free membership to our Lens Club Scheme which means FREE standard lenses with any new frame (regardless of price) any number of times throughout the year! This offer is valid strictly on production of your Carers' Passport Discount Card only.



5 High Street, Ware SG12 9BP

Tel: 01920 460 866

Ware@thefamilyopticians.com

"The Folly", 18 Hadham Road, Bishops Stortford CM23 2QR

Tel: 01279 654 676

Stortford@thefamilyopticians.com

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Tel: 01279 726 100 Email: info@greenroomshop.co.uk
29 Bell Street, Sawbridgeworth CM21 9AR



The
Green
Room

The King James

20% Off Food

Explore our Club Deals, ranging from Steak Club on Tuesday to our weekly Sunday Brunch. Or why not pop in for breakfast and choose from our wide selection available to order until 12 noon. Changes to our children's menu make our offerings even healthier; to help your youngster enjoy their five-a-day. Offer available strictly on production of a Carers' Passport Discount Card.

Tel: 01992 781 250 2-3 Lynton Parade, Turners Hill, Cheshunt EN8 8LF
<https://www.jdwetherspoon.com/pubs/all-pubs/england/hertfordshire/the-king-james-cheshunt>

wetherspoon



The Painted Nail by Marie

£5 off your 1st treatment over £25

I am a beauty therapist offering professional treatments either in the comfort of your own home or you are more than welcome to come to me. Loyalty card for all customers. 5th treatment 50% off 10th treatment free. Acrylic and gel nails, waxing, threading and many more treatments offered.

Tel: 07870 670 617
Based in Turnford



The Port Jackson

20% Off Food

Explore our Club Deals, ranging from Steak Club on Tuesday to our weekly Sunday Brunch. Or pop in and try a pizza, our thin crust bases pressed by us (not premade), are freshly topped. Changes to our children's menu make our offerings even healthier, to help your youngster enjoy their five-a-day. Offer available strictly on production of a Carers' Passport Discount Card.

Tel: 01279 714 460

Riverside Wharf, Riverside, Bishops Stortford CM23 3GN

www.jdwetherspoon.com/pubs/all-pubs/england/hertfordshire/the-port-jackson-bishops-stortford

wetherspoon



The Six Templars

20% off food

wetherspoon



Explore our Club Deals, ranging from Steak Club on Tuesday to our weekly Sunday Brunch. Or pop in and try a pizza, our thin crust bases pressed by us (not premade), are freshly topped. Changes to our children's menu make our offerings even healthier; to help your youngster enjoy their five-a-day. Offer available strictly on production of a Carers' Passport Discount Card.

Tel: 01992 517 430

1 The Wash, Hertford SG14 1PS

www.jdwetherspoon.com/pubs/all-pubs/england/hertfordshire/the-six-templars-hertford

The Space 2 Be

Up to 30% discount



We specialise in helping you reduce aches and pains, feel fitter and stronger, relieve stress and feel calmer and more relaxed. Yoga and Pilates classes to suit all levels including complete beginners. A team of professionals who empower people to improve the quality of their life, health and well-being by sharing our knowledge and expertise.

Tel: 01992 625 968 or Mobile: 07507 260036

Email: info@thespace2be.co.uk

www.thespace2be.co.uk 1-3 Fairways, Cheshunt EN8 0NJ



The Star

20% Off Food

wetherspoon



Explore our Club Deals, ranging from Steak Club on Tuesday to our weekly Sunday Brunch. Or pop in and try a pizza, our thin crust bases pressed by us (not premade), are freshly topped. Changes to our children's menu make our offerings even healthier; to help your youngster enjoy their five-a-day. Offer available strictly on production of a Carers' Passport Discount Card.

Tel: 01992 448 477 105 High Street, Hoddesdon EN11 8TN

<https://www.jdwetherspoon.com/pubs/all-pubs/england/hertfordshire/the-star-hoddesdon>

The Toning Rooms

14-25% discount



A safe & friendly space for ladies of all ages, shapes & sizes to exercise without feeling self-conscious; aimed at those who want to work out but don't feel comfortable in the traditional gym atmosphere. You can exercise, make new friends & lose weight all at the same time. Contact us today for more information on what we offer.

Tel: 01279 655 112

FB: [@thetoningrooms](https://www.facebook.com/thetoningrooms) thetoningrooms@hotmail.com

Sworders Yard, 19D North Street, Bishops Cleeve CM23 2LD



The Laura Trott Leisure Centre

10% corporate discount on Fit&Well memberships

Having undergone a £4 million redevelopment, The Laura Trott Leisure Centre offers great options for members. Membership includes use of the gym, exercise classes, racket sports as well as the swimming pool with sauna, steam room and spa. There is also a crèche on site. Corporate discounts on adult memberships only. Terms and conditions apply.

Tel: 01992 623 345 www.broxbourne.gov.uk/leisure
Windmill Lane, Cheshunt EN8 9AJ



The John Warner Sports Centre

10% corporate discount on Fit&Well memberships

Membership includes the gym, swimming pool, exercise classes and racket sports. The Centre also boasts a café with 5* food hygiene rating and Scrambles soft play for the little ones. Corporate discounts on adult memberships only. Terms and conditions apply.

Tel: 01992 445 375 www.broxbourne.gov.uk/leisure
Stanstead Road, Hoddesdon EN11 0QG



The Woodman & Olive

10% discount

The place to enjoy the finest of traditional Greek Food, with a wine list handpicked of extraordinary length and value. With a delightful banter from a friendly team you are sure of a fantastic night out.

20 Wormley West End, Broxbourne EN10 7QN

Tel: 01992 463 719 or 07903 774 077

bookings@thewoodmanandolive.com

www.thewoodmanandolive.com



Ventura Wildlife Park

Free of Charge Entry



Home to almost 50 different species of animal from around the world,

including zebra, kangaroo, fossa, monkeys and reptiles.

Open all year round the park offers a wildlife adventure for all ages and abilities to enjoy. Enjoy a range of daily interactive animal feeds, talks and animal encounter shows.

Free entry on production of a Carers' Passport Discount Card.

Tel: 01920 870 418 www.venturawildlifepark.org

Ventura Wildlife Park, Van Hage, Amwell Hill, Great Amwell SG12 9RP



Ward Freman Pool

Concession rates

Set in the town of Buntingford providing a range of water based activities including our award winning swim school, Swim 4 Fitness and Swim 4 All. There is always something going on in the water at Ward Freman Pool.

Tel: 01763 272 566
Bowling Green Lane, Buntingford SG9 9BT

everyone
ACTIVE



Ware Osteopathy Clinic

10% discount



The natural way to better health. Osteopathy is a manual therapy which specialises in the diagnosis, management, treatment and prevention of musculoskeletal and other related disorders; safely naturally and effectively. We treat back pain, sciatica, neck pain and stiffness, headaches, muscle strain, sports injuries, frozen shoulder, immobility, joint pains, fibromyalgia, postural problems.

To make an appointment or for further information:
Tel: 01920 467 823 Email: wareosteopathy@hotmail.co.uk
Pelmark House, 11 Amwell End, Ware SG12 9HP



Wodson Park

Concession prices

Wodson Park offers something for everyone. Aerobic and exercise classes for all ages, from Action Tots to the over 60's. Fully equipped gym with 50 stations – specialist support for pre/post natal, injury rehabilitation, personalised programmes badminton, netball, basketball, tennis, table tennis; football; full size athletics track and more.

Tel: 01920 487 091 www.wodsonpark.com
Wadesmill Road, Ware SG12 0UQ



The Yoga Lighthouse

Up to 30% discount

We specialise in helping you strengthen your body, to become fitter, more toned, improve your flexibility, feel better & relieve stress. We offer 'not hot' Yoga and Pilates as well as 'warm' & 'hot' yoga to suit all levels. A team of professionals who encourage people to improve the quality of their life, health and well-being.

Call Paula: 07496 381 480
Email: info@theyogalighthouse.co.uk
www.theyogalighthouse.co.uk
Modern Hse, Suckling's Yard, Church St, Ware SG12 9EN



St Albans & Hertsmere Offers

Abbey View Golf & Track

10% discount

Here at Abbey View Golf & Track we would like to offer you 10% discount on all of our activities. These include running track, 9 hole golf course, outdoor tennis courts, beach volley ball courts & crazy golf.

Tel: 01727 868 227 Email: abbeyview@1life.co.uk

www.1Life.co.uk Holywell Hill, St Albans AL1 2DL



1Life
Live more. Live well.

Abbot's Kitchen **Free treat**

Get a free side when buying a main and a drink. Valid Sun to Fri from 12pm-2.30pm.

Get a free filter coffee or regular tea when buying an afternoon baked treat. Valid Sun to Fri from 3pm-4.30pm.

Tel: 01727 811 768 Email: abbots@elior.com

Abbey Sumpter Yard, Holywell Hill,
St Albans AL1 1BY



Affinity Health & Leisure Club

**£44 per month (usually £50) plus
no joining fee (usually £15)**

We provide exclusive facilities in order to meet your fitness, wellness and relaxation requirements. Using a gym for the first time can be a daunting experience but our staff are trained to ensure that you feel as comfortable as possible. Membership includes 20% off food and drink and 25% off beauty treatments. Tel: 01727 865 723

**Mercure St Albans Noke Hotel, Watford Road,
St Albans AL2 3DS**



bareMinerals

10% discount

bareMinerals Makeup and bareMinerals Skincare were created to enhance your skin from the outside in. For years, we've researched the power and potential of minerals to nourish, energise and renew - our 24-hour mineral care system is purposefully designed to continuously bring these benefits to you.

Tel: 01727 831 535

The Maltings, St Albans AL1 3HL

bareMinerals



Batchwood Sports Centre

10% discount

Here at Batchwood Sports Centre we would like to offer you a 10% discount on all of our activities and memberships. We have 6 indoor tennis courts, 3 outdoor, 2 squash courts, 50 station gym & separate conditioning gym, 20 fitness classes a week & an 18 hole golf course.

Tel: 01727 844 250

www.1Life.co.uk

Email: sabatchwood@1life.co.uk

Batchwood Drive, St Albans AL3 5XA

1Life
Live more. Live well.



Bushey Grove Leisure Centre

Concession Rates

- State-of-the-art gym
- Functional training zones
- Immersive indoor cycling studio
- 25m swimming pool
- Thermal spa experience
- Over 100 classes
- Café with free wifi

Tel: 01923 470140

Aldenham Road, Bushey WD23 2TD



Bushey Grove

Leisure Centre



Café Rouge

25% discount - food & drink

Serving a delicious all-day menu of classic French dishes with a contemporary twist; from steak frites and boeuf bourguignon to a selection of croques, baguettes, salads and more - whatever the time of day, we have a dish to suit your mood. *This offer is strictly on production of your Carers' Passport Discount Card – not in conjunction with any other offer – excludes Christmas Day and Bank Holidays. Not available with the set menu.*

Tel: 01727 832 777

29 Holywell Hill, St Albans AL1 1HD

CAFÉ ROUGE
EST. 1989



Champneys

25% discount at St Albans Day Spa

Monday to Thursday only
25% off Champneys branded face or body treatments.
(Not applicable with any other offer at any time and is subject to availability.)

Champneys St Albans

23 Market Place, St Albans AL3 5DP

Tel: 01727 864 893 Website: www.champneys.com



THE ORIGINAL
CHAMPNEYS
HEALTH SPA

Colney Diner

Free tea, coffee or cold drink (When ordering a meal)

Based in the High Street, Colney Diner offers a wide selection of food and drinks - offering something for everyone. Carers who produce their Carers' Passport when ordering a meal will receive a free of charge tea, coffee or cold drink.

Tel: 01727 767 970

299 High Street, London Colney Street,
St Albans AL2 1EJ



Colour me beautiful

Special Offer for Carers

The colours we wear and the styles we choose can make a huge difference to the way we look and feel. You will be shown which colours and shades flatter you (clothing and make up) plus you will take away your personalised colour wallet.

Tel: 07759 785 384

Email yourcoloursdknappman@gmail.com

Flamstead, AL3



Yourcolours with

colourmebeautiful



If you have a suggestion for a Hertfordshire business that you'd like to see providing an offer or discount to carers please get in touch.

Call 01992 58 69 69 or
email contact@carersinherts.org.uk



charity registration number 1085491

making carers count

Esther Donoff Nutrition

15% discount

Nutritional therapy can help individuals with long-term sub-optimal health, as well as those looking for support to enhance their health and well-being.

Esther Donoff is a registered nutritional therapist based at The Natural Gateway Clinic in Borehamwood. Home/office visits also available.

Esther Donoff BSc (Hons), MSc, mBANT, CNHC reg

Tel: 07899 249 712 nutrition@estherdonoff.com

www.estherdonoff.com



Esther Donoff **Nutrition**



Farmyard Funworld

20% discount



A great day out; if dry visit our

farmyard – kids get up close with farm animals plus

more. Twice a day petting and feeding and “Close

Encounters” with exotic creatures. If raining kids can let off steam in

Funworld (3-storey soft play frame) while you enjoy a coffee. We don't serve fast food but we do serve good food – as fast as we can.

Tel: 01923 219 902 Email: farm@farmyardfunworld.co.uk or

play@farmyardfunworld.co.uk www.farmyardfunworld.co.uk

Lincolnsfields Children's Centre, Bushey Hall Drive, Bushey WD23 2ES



Fit to Go

25% discount

First class injury treatment, rehabilitation and fitness training. We offer the best possible treatment for your injuries and pain. We stop them coming back by taking the time to identify and resolve the underlying cause.

By offering treatment and rehabilitation, we will help you to restore your full range of movement, plus strength, flexibility and functional balance to prevent an injury from recurring.

Tel: 01727 825 224

1 Victor House, Barnet Rd, London Colney AL2 1BJ

www.fit-to-go.co.uk or email: info@fit-to-go.co.uk



Furzefield Centre

Concession Rates

- State-of-the-art gym
- Functional training zones
- Immersive indoor cycling studio
- 25/33m swimming pool
- Thermal spa experience
- Over 100 classes
- Café with free wifi

Tel: 01707 850500

Mutton Lane, Potters Bar EN6 3BW

www.furzefieldleisurecentre.co.uk



Furzefield

Leisure Centre

Halfords Autocentre

Up to 50% discount

50% off full VOSA priced MOTs,
10% off repairs, 10% off servicing.

For further details please Tel: 0208 381 5661
Unit 2 Elstree Way Business Centre,
Elstree Way, Borehamwood WD6 1FX



Halfords Autocentre

Up to 50% discount

50% off full VOSA priced MOTs,
10% off repairs, 10% off servicing.

For further details please Tel: 01727 810 431
Acrewood Way, Hatfield Road,
St Albans AL4 0FT



Harpenden Eye Centre

10% discount off a sight test

An independent optician's offering a wide range of frames, lenses and contact lenses at competitive prices. We offer fully-comprehensive private and NHS eye tests, field and pressure tests, retinal imaging and contact lens fittings with our highly-trained, experienced professionals.

Tel: 01582 766 668 or 01582 462 916
1a Leyton Road, Harpenden AL5 2TJ



HARPENDEN EYE CENTRE

In the Log Cabin

15% discount

A beautiful Pilates studio in St Albans. Small, bespoke classes, tailored specifically for your problems, needs and goals. Clare is an experienced and caring teacher who will help you quickly feel the benefits of Pilates. We offer one to ones, small group sessions and Pilates Reformer classes.

Please contact Clare on 01727 420 747 or 07729 919 586

Email: clare@inthelogcabin.co.uk

16 Butterfield Lane, St Albans AL1 2HJ



Kingfisher Court Café

20% discount



Unpaid carers can now access a 20% discount at Kingfisher Court's Café. Includes water, coffee/tea (from the café) hot food from the counter, from 12pm noon until 2pm. All discounts strictly on production of a Carers' Passport Discount Card. Excludes confectionery, crisps or any other drink from the café, meal deal/special offers or vending machines.

**Kingfisher Court, Kingsley Green, Harper Lane,
Radlett WD7 9HQ**

NHS
Hertfordshire
Partnership University
NHS Foundation Trust

LloydsPharmacy

10% discount



Hertfordshire's unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire strictly upon production of a valid Carers' Passport Discount Card.

17 Russell Avenue, St Albans AL3 5ES

St Alban's in Sainsbury's, Everard Close, St Albans AL1 2QU

Parkbury House, St Peter, St Albans AL1 3HD

**London Colney in Sainsbury's, Barnet Road, London Colney,
St Albans AK2 1AB**

*Excludes NHS prescriptions, private prescriptions, current promotion lines and cannot be redeemed against coupons.

LloydsPharmacy

Maltings Eyecare

10% discount



An independent, family run optical practice with a presence in St Albans since 1993. Being independent means that we are not limited by, or tied to, one manufacturer or group of suppliers. We take pride in providing a quality, professional service to all our patients. We have a wide range of frames on display for adults and children with fully qualified and trained staff on hand to assist you with your selection.

**Tel: 01727 853 333 www.maltingseyecare.net
9 The Maltings, St Albans AL1 3HL**



Manor Pharmacy

10% discount



We are “committed to your health”, so we promise to help you maintain a healthy lifestyle by advising on medicines, on diet and nutrition and many other health services, not just treat you when you are ill. Early detection can prevent all sorts of problems in the future. No need to make an appointment, just pop in and speak to our Qualified Pharmacist who will be happy to give you friendly, impartial and confidential advice.

3 Leyton Green, Harpenden AL5 2TE
Tel: 01582 760 624

136 Southdown Rd, Harpenden AL5 1PU
01582 712 783

347 Watling Street, Radlett WD7 7LB
Tel: 01923 856 695

2 High Street, Wheathampstead AL4 8AA
Tel: 01582 832 102

37 High Street, Bovingdon HP3 OHG
Tel: 01422 832 127

www.manorpharmacygroup.co.uk

Excludes NHS Prescription, private prescription, current promotion lines and cannot be redeemed against coupons.



Markyate Pharmacy

10% discount*

For your convenience, we offer a repeat prescription service as well as a free local prescription delivery. We can provide support for local people who may require assistance managing and using medicines.

*Excludes NHS prescriptions, private prescriptions, any current promotion line (including £1 lines) and cannot be redeemed against coupons.

40 High Street, Markyate AL3 8PB



Ministry of Air

35% discount

Offering sessions for **5-16 Year Olds on Saturdays**.
Trampoline sessions: Beginners and Development only.
Discount strictly on production of your Carers' Passport.
Please bring along your completed booking form to your first session.

For further information: <http://www.ministryofair.com>

Tel: 07901 500 751

**Sandringham School,
The Ridgeway, St Albans AL4 9NX**

MINISTRY OF AIR



Mirzan Café Bistro

10% discount

Breakfast, lunch, afternoon tea or coffee, snacks, afternoon school kids' meals, dinner. Party, birthday, anniversary, Christmas, New Year, retirement... 10% off meals between 9am-5pm, minimum spend £5 per person – maximum 2 people; strictly on production of a Carers' Passport Discount Card.

Tel: 0208 953 0022

www.mirzan-restaurant.co.uk

134 Aycliffe Road, Borehamwood WD6 4DY



MOD Pizza

15% Discount

MOD is the original superfast pizza experience. A pioneering fast-casual concept that puts you in the driver's seat. Build your own pizza or salad, or order one of MOD's classics. Over 30 toppings to choose from. Try our handspun milkshakes, starters and sides and of course desserts! Discount available strictly on production of your Carers' Passport Discount Card.

Tel: 020 8207 6793

61 Shenley Road, Borehamwood WD6 1AE

<https://modpizza.co.uk/locations/borehamwood/>



Nuffield Health

Corporate rate

Wellbeing Membership offers a more personal approach to fitness. Whatever your goal, we have a team of experts waiting to get you there. Our Fitness Membership gives you access to great fitness facilities and professional health care services to support you in a healthy lifestyle. We will listen to what your personal fitness goals are and create a unique programme to help you achieve them.

Tel: 0845 564 3830

Highfield Park Drive, St Albans AL4 0AH

www.nuffieldhealth.com/gyms/st-albans

 **Nuffield Health**
fitness & wellbeing



Oakmere Tea & Dining Room

Free Tea or Coffee (with main meal)

Pop in to see us between 8.30am-4.30pm Monday-Friday, order a main meal and receive a complimentary tea or coffee (strictly on production of your Carers' Passport card). Serving a wide selection of food for breakfast, lunch and dinner; in a relaxed atmosphere with nice surroundings and friendly staff, who look forward to welcoming you soon.

Tel: 01707 664 411
102 High Street, Potters Bar EN6 5AT



Odyssey Cinema

Concession price

THE ODYSSEY
CINEMA ST ALBANS

Showing a wide selection of titles each month including new releases, foreign language films, cult rep screenings and classics. Our large single screen has 426 seats in total. The cinema boasts two fully stocked bars; both bars remain open throughout the films. Please note concession rate applies to evening performances only as matinee prices are a flat rate.

Box Office: 01727 453088 166 London Road, St Albans AL1 1PQ



Osteopathics Radlett

10% discount



Offering a safe and effective approach to healthcare for all the family. Carers' need to be cared for too!

OSTEOPATHY including cranial and paediatric osteopathy

Headaches, back and neck pain, shoulder, arm and hand problems, pelvic, hip and leg problems, sports and other injuries.

NEURO PHYSIOTHERAPY gait re-education, balance and fall problems, post fracture and re-gaining normal movement, dizziness and vestibular problems and postural re-education following lower back pain.

HAND THERAPY hand and wrist conditions such as sprains/strains, fractures, carpal tunnel syndrome, arthritis, unexplained hand pain and post surgical treatment (which may involve custom made splints).

No referral needed, open 6 days a week. Ring for an appointment or to see if we can help you.

Tel: 01923 855 884
107 Watling Street, Radlett WD7 7NG
www.osteopathics.co.uk



Positive Gains

10% discount

I work as an integrative psychotherapist which means I am able to use a wide variety of therapeutic tools and techniques in a flexible and adaptable manner to help each client in the most effective and personalised way.

My psychotherapy and counselling qualifications are accredited by the Royal College of Nursing and I am accredited by both the National Counselling Society and the National Hypnotherapy Society.

Tel: 07825 176 455 Email: Mariella@positivegains.co.uk

www.positivegains.co.uk

The Quadrant, St Albans AL4 9RB



Sally's Beauty Therapy Centre

10% discount

Treatments for Men and Women

We aim to offer you high quality treatments at affordable prices. We are a welcoming, relaxed salon where you can come and unwind and let us take care of you.

Mobile: 07711 759 671 Studio: 01707 850 519

www.sallys-beauty.co.uk

info@sallys-beauty.co.uk

Furzefield Crt, Mutton Ln, Potters Bar EN6 3BW



Sally's
Beauty Therapy Centre

St Albans City Hospital

10% discount

Cafes and Restaurants

Unpaid carers receive 10% off at St Albans City Hospital cafes and restaurants - discount available on all food and drink except Costa Coffee. Offer only available upon presentation of Carers' Passport Discount Card.

Concession Parking

£6 per day or £12 per week. Concessionary parking permit forms are available from staff on the ward. The form will need to be signed by a staff member and then the permit is collected from Main Reception.



Waverley Road, St Albans AL3 5PN

West Hertfordshire Hospitals **NHS**

NHS Trust

The Alban Arena

Concessionary Prices

Unaccompanied Carer Discount. A well-established entertainment venue with a busy programme of National Touring Shows, Rock and Pop Concerts, Comedy, Films, Exhibitions and the region's most popular Pantomime. Discounts will only be available on shows where there are discounts available and strictly on production of your Carers' Passport photo ID card.

Box Office: 01727 844 488

The Alban Arena, Civic Centre, St Albans AL1 3LD



The Longmore Practice

Osteopaths - First Visit Free

Three highly qualified Osteopaths with over 40 years experience, providing Osteopathic diagnosis and treatment. On production of your Carers' Passport Discount Card you will receive your first treatment free of charge. Common conditions we treat include: Backache, headaches and neck pain. Shoulder, hand and elbow pain, pelvis, hip and ankle pain.

266 Shenley Road, Borehamwood WD6 1TJ Tel: 020 8953 9627

101 Longmore Avenue, New Barnet EN5 1JZ Tel: 020 84418726

www.paulfieldosteopath.co.uk



The Venue

Concession Rates

- Gym with cardiovascular and resistance zones
- Functional training zones
- Indoor cycling studio
- 25m swimming pool
- Sauna, steam room and spa pool
- A great range of fitness classes
- Café with free wifi

Tel: 0208 386 9886

1 Elstree Way, Borehamwood WD6 1JY



The Venue
Leisure Centre

Triangle Healthcare

10% discount off everything (Except prescriptions)

We are a state-of-the-art pharmacy with good old fashioned service. We pride ourselves in giving you the very best experience of a pharmacy.

Tel: 0208 950 1357

29 Harcourt Road, Bushey WD23 3PP



'Unlock your mind - Release its power'

40% discount

Anxious? Stressed? Generally feeling down and not sure why? Or maybe you have a phobia or habit you'd finally like to break? Cognitive Behavioural Hypnotherapy could help you and because it's evidence based it's actually proven to work. A mobile service is also available within a 10 mile radius of Harpenden. To find out more or make a free initial consultation please contact: **Sallie Mitchell Floyed**
Tel: 07590 557 122 www.mindpower.today



Verulamium Spa

Exclusive 15% discount

Take time out for yourself at the Verulamium Spa. We are committed to delivering a personalised experience to meet your every need, whether you have 30 minutes or 3 hours, allow us to take care of you. Our facilities include 5 luxurious treatment rooms, couple's suite, as well as our beautiful heat and water oasis. We would like to offer Carers in Hertfordshire Carers' Passport holders an exclusive 15% discount on all treatments or spa use for any Mon-Thurs booking*. Tel: 01727 736 087 www.verulamiumspa.com
suzannemcrae@everyoneactive.com*cannot be used with any other promotion, offer or package.



Verulamium • Spa
ST ALBANS

Westminster Lodge Leisure Centre

Concession rates

A fantastic leisure centre situated in the heart of historical St Albans. Offering facilities that are second to none. With two swimming pools, a water confidence area, 4 court sports hall, 200 station gym, a separate youth gym, two group exercise studios, a group cycling studio, an indoor climbing wall, children's soft play area, café and crèche.

Tel: 01727 736 080 Holywell Hill, St Albans AL1 2DL
www.everyoneactive.com/centre/westminster-lodge-leisure-centre



everyone
ACTIVE

Wyllyotts Theatre

Concessionary Prices

- A versatile entertainment venue offering theatre and cinema.
- Café with free wifi

Tel: 01707 645 005
34 Darkes Lane, Potters Bar EN6 2AA
www.wyllyottstheatre.co.uk



Wyllyotts
Theatre

Welwyn & Hatfield Offers

Anytime Fitness



**15% Off Standard Membership
+ £10 off Key Fob**



Convenient, affordable, and friendly; we are open 24/7 with free parking at the Howard Centre. We have private changing facilities, premium equipment and free access to 4500+ Anytime Fitness gyms worldwide! Live and Virtual Classes running in our private studio and fantastic member discounts available. Come and see us today!

Tel: 01707 830 247 The Howard Centre, Welwyn Garden City AL8 6HA

www.anytimefitness.co.uk/gyms/uk-0041/welwyn-garden-city

Caroline O Facials

(using 100% natural products from Tropic Skincare)

15% discount off facials



I am a facialist, specialising in finding the natural solution to all types of skin care concerns. I am passionate that going natural is the best way to achieve your most healthy and glowing skin. I offer facials which all include personalised skin care advice. Makeovers & make up advice also available.

Tel: 07946 878601 Email: carolineortega75@gmail.com

Based in Welham Green



Comfy Soles Chiropody

10% discount Clinic Only



Ranging from corns, callus and nail care to more complex conditions which can affect the foot such as Diabetes, Rheumatoid Arthritis and Biomechanical problems can all be assessed and treated. Clinic has wheelchair accessible stair lift for disabled patients. Home visits available.

**Tel: Mobile: 07775 952 310 for clinic or 01707 894 900 for home visits or gbuszmanning@comfysoleschiropody.org.uk
27 High Street, Old Welwyn AL6 9EE**



BETTER Leisure

Concession Prices



Hatfield Swim Centre

Situated in the heart of Hatfield, Hatfield Swim Centre has a 33 metre Swimming Pool, Diving Boards, Teaching Pool, Splash Pool, Wellbeing Spa, Gym with Technogym equipment and a Functional Training Zone.

Tel: 01707 276 276

Lemsford Road, Hatfield AL10 0EB

www.better.org.uk/leisure-centre/welwyn-hatfield/hatfield-swim-centre

Stanborough Park Watersports

Enjoy a visit to Stanborough Park, a beautiful countryside park, covering an area of 126 acres, on the outskirts of Welwyn Garden City, Hertfordshire. Awarded the prestigious Green Flag Award for the past 10 years. The Park, with its many attractions, is enjoyed by hundreds of thousands of people each year. With something for all ages and tastes, the Park offers a rewarding day out for all the family. Take a gentle stroll, picnic or just laze away an afternoon relaxing in our award winning parklands.

Tel: 01707 276 276

Stanborough Road, Welwyn Garden City AL8 6DQ

www.better.org.uk/leisure-centre/welwyn-hatfield/stanborough-park



BETTER Leisure

Concession Prices



Panshanger Golf Complex

Panshanger Golf Complex is located in Welwyn Garden City and within easy reach of London and the M25. Panshanger Golf Complex is the home of a top-class 18 hole, par 72 Championship Course with stunning views over Hertfordshire's Mimram Valley. Built in 1975, Panshanger has been cleverly designed to provide a challenge to experienced golfers whilst also encouraging beginners and is now one of the UK's most highly regarded public courses. We also have Footgolf, superb golf simulator and Pro Shop.

Tel: 01707 276 276

Old Herts Lane, Welwyn Garden City AL7 2ED

www.better.org.uk/leisure-centre/welwyn-hatfield/panshanger-golf-complex

Hatfield Leisure Centre

Enjoy a great range of health, fitness and sports activities at Hatfield Leisure Centre. With state of the art gym, extensive fitness class programme and multi-use sports hall we've got something to get everybody feeling better.

Tel: 01707 276 276

Travellers Lane, Hatfield AL10 8TJ

www.better.org.uk/leisure-centre/welwyn-hatfield/hatfield-leisure-centre

BETTER
the feel good place

Fit4Less £19.99 per month

(usual price £22.99) + No joining fee (Usually £24.99)

Unbeatable fun and a friendly atmosphere on every visit at just £19.99 (usual price £22.99). You only pay for the services you use - a great gym with top quality Precor equipment, Spin Studio, Olympic weights and a Functional Rig and the very best workout experience in Hatfield. We have the perfect location in Hatfield Town Centre with free parking and just a few minutes' walk from Asda.

Tel: 01707 830 444 Email: hatfield@F4L.com

74-78 Town Centre, Hatfield AL10 0JW



Gate2Pharma - Your Future Pharmacy

10% discount*

No more unnecessary trips to the surgery and pharmacy to queue. Free of charge full prescription management, free dossett boxes and free delivery at a time convenient to you. *10% discount on all items excluding prescriptions. To talk to our qualified pharmacists for friendly personal medication advice, or to find out more contact:

The Pharmacy Team (Mon-Fri, 9am-5pm)

Tel: 01707 326 531 or register at www.gate2pharma.co.uk



Get Wild

10% discount

This jungle themed adventure area provides children aged 1 – 12 with an exciting setting in which to play.

Get Wild! hosts an assortment of slides, tunnels, rope walks, climbing frames and much, much more! Fun and excitement are guaranteed in a safe environment where children can crawl, run, swing, slide, play, climb and grow and there's even a dedicated area for toddlers.

But we haven't forgotten about mum and dad! There is plenty of space for grown ups' to relax with a coffee, to read the papers or catch up with friends, whilst the kids burn off all that energy.

With so much to do, you won't hear complaints of boredom amid the screams of laughter!

So come and visit us at Get Wild!

Tel: 01707 266 794

Comet Way, Hatfield AL10 0XR



Gosling Sports Park

Concession Prices
Monthly, Annual and Pay & Play
concession options available.



A ground-breaking 50-acre sports and leisure complex Welwyn Garden City, Gosling hosts a diverse range of sports and leisure facilities and is one of the most prestigious developments of its kind in the UK.

This membership will offer you a discount on our facilities including ski slopes, tennis courts, squash courts, badminton courts, running track, spa, gym and classes.

It is also the best way for your children to get on courses or camps. You will be kept up to date with all of the important issues on the park and have the chance to be a Company Member and have a say in the running of the Sports Park.

**Gosling Sports Park, Stanborough Road,
 Welwyn Garden City AL8 6XE**

Tel: 01707 331 056

Gosling.enquiries@gll.org

BETTER
 the feel good place

Halfords Autocentre

Up to 50% discount

50% off full VOSA priced MOTs,
10% off repairs, 10% off servicing.

For further details please call: 01707 396 097
Unit B, 27 Bridge Road East, Welwyn Garden
City AL7 1JE



**DISCOUNTS
AVAILABLE**

**Home of the annual
family Pantomime
plus Event Cinema –
theatre, opera, ballet, music
& arts performances
broadcast to the BIG SCREEN.**

**Hawthorne
Theatre**

Welwyn Garden City

CW Entertainment, Welwyn Garden City, Herts AL8 6BX
Box Office: 0300 3039 620

Hertfordshire Sports Village

47% discount

Peak Health and Fitness Membership (ONLY £26 per month, *usually £49 per month). Unlimited access to our 100+ station gym with large free weights area, 25m swimming pool and over 60 group exercise classes a week. Accessible 7 days a week.

**Hertfordshire Sports Village, de Havilland Campus,
Hatfield Business Park, Hatfield AL10 9EU**

Tel: 01707 284 466 sports.reception@herts.ac.uk



Hertfordshire Sports Village

40% discount

40% discount on all swims in our 25m swimming pool. Accessible 7 days a week.

**Hertfordshire Sports Village, de Havilland Campus,
Hatfield Business Park, Hatfield, AL10 9EU**

Tel: 01707 284 466



Herts Holistic Therapy Jan Tebb

15% discount: Hot Stones Treatment, Full Body Massage, Combined Indian Head & Eastern Facial Massage.



A member of The Guild of Holistic Therapists - I have decided to actively recognise and reward unpaid carers by offering a discount for selected massage treatments. To find out more about easily accessible massage therapy in:

Welwyn Garden City.

Tel: 07904 003 514



Holistic Wish

£5 off treatments, free home visits



Holistic Wish is a holistic mobile therapist. Based in Hatfield, but covering other areas in Hertfordshire.

Tel: 01707 515 061 or 07855 521 211

www.holisticwish.co.uk



HRJ Foreman Laws Solicitors

20% Discount



It is important to get the right advice when planning your family's future. Our experienced team will advise you of the best options for your family. Mention your Carers Passport Discount Card when making your appointment and get a 20% discount on a Will or Lasting Power of Attorney.

Tel: 01707 887 700 Email: info@hrjforemanlaws.co.uk

10 Parkway, Welwyn Garden City, AL8 6HG

www.hrjforemanlaws.co.uk



HRJ FOREMAN LAWS
SOLICITORS
...providing positive legal solutions since 1991

**15%
DISCOUNT**

Enjoy relaxing in our comfortable lounge with family or friends – or just to put your feet up for some 'me-time' – and indulge yourself with our wide selection of food and drink.



**CW Entertainment, Welwyn Garden City, Herts AL8 6BX
Box Office: 0300 3039 620**

Kinetic Cycles

10% discount

Welwyn Garden City's friendly local bike shop. Our helpful and knowledgeable staff are able to help with all manner of cycle requirements. We carry products to suit every budget and discipline; beginner through to serious enthusiast. Just show your Carers' Passport to receive a 10% discount off parts, accessories, servicing and clothing. Contact us to see how we can help you.

Tel: 01707 331 373

2A Church Road, Welwyn Garden City AL8 6NE



Kinetic
EXQUISITE BICYCLES

Lambert's Flower Company

10% discount

(or upgrade on purchases over £25)

Lambert's Flower Company create stylish floral designs for the home, gifts, funerals, weddings & events and business. Together with her expert and highly creative team of floral designers, Nicola ensures that each and every order is treated with the utmost care and attention. So whether designing a breath-taking hand-tied bouquet, luxurious floral arrangement, or hand-selecting an exotic potted orchid, we make beauty affordable without compromising on quality.

From lush and colourful to sleek and modern, our trademark style allows the quality of our flowers to speak for themselves. Our mission? The freshest, most beautiful flowers from around the world, exquisitely hand-crafted into breath-taking - yet affordable designs.

48 Howards Gate, Welwyn Garden City AL8 6BJ

Tel: 01707 326 329

www.lambertsflowercompany.co.uk

Excludes gift vouchers & Interflora orders

Terms and conditions apply



Lambert's Flower
Company 

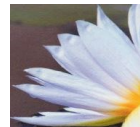
Lifeforce Reiki & Holistic Clinic

10% discount

The Clinic Totally Devoted To Relax, Rejuvenate & De-stress. The Lifeforce Reiki Clinic offers a wide range of treatments. We pride ourselves on the highest standard of treatments and service. We take pride in individual attention to your needs. Reiki healing, massages & reflexology. In addition to the 10% discount for prepaid sessions with the 10th session free of charge.

**23a Station Road, Digswell,
Welwyn AL6 0DU**

Tel: 01438 717 200



The Lifeforce Reiki & Holistic Clinic

Lindsey Fitness

33% off - Pay As You Go

Running fun, friendly, functional fitness & lifestyle weight loss classes (optional) for 23+ years in Welwyn and Ware. A variety of classes for all ages & abilities. Sessions include Aerobics, Fitness Pilates, HiiT (High Intensity) & a Fitness Boot Camp. Excludes Friday De-Stress Pilates Session at Sir Frederic Osborn Sports Centre. Please contact Lindsey in the first instance for your very first class.

Tel: 01707 334229

lindseyfitness@btinternet.com

[Facebook.com/fitnessherts](https://www.facebook.com/fitnessherts)

@lindseyfitness



LloydsPharmacy

10% discount

Hertfordshire's unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire strictly upon production of a valid Carers' Passport Discount Card.

40 High Street, Welwyn AL6 9EQ

9 Shoplands, Welwyn Garden City AL8 7RH

Welwyn Garden City Sainsbury's, Church Road AL8 6SA

*Excludes NHS prescriptions, private prescriptions, current promotion lines and cannot be redeemed against coupons.

LloydsPharmacy



Mardley Herbal Medicine

20% discount

Western Herbal Medicine is used to help people with chronic ailments restore balance. Very helpful with digestive problems, skin issues, aches & pains and conditions where long term medication may no longer provide benefit, or too many side effects. Fully insured, affiliated to NIMH. Over 700 hours clinical experience. Home visits possible, treatments can include nutritional and lifestyle advice, creams, teas, tinctures or capsules.

Please call for a no obligation chat to learn whether it is right for you on: 07973 303617 Based in Welwyn.



Mill Green Golf Club

10% discount off food, £5 off golf prices

Set in over 200 acres of Hertfordshire countryside, Mill Green Golf Club combines an excellent golf course with hospitality and charm. Mill Green is an ideal setting for Weddings, Parties, Corporate Events and Christmas Parties. The superb 18 hole Golf Course and Club House is well known in the area and is open for non-members to play and enjoy.

Tel: 01707 276 900 Fax: 01707 276 898

Gypsy Lane, Welwyn Garden City AL7 4TY



MILL GREEN
GOLF CLUB 1993

10%
off

Mill Green Mill & Museum

Concession rates

Welcome to our working watermill and museum. The cluster of historic buildings here and the surrounding grounds are a beautiful oasis in our busy world. Explore higgledy piggledy rooms packed with colourful displays of local art and exhibitions about our fascinating heritage.

Tel: 01707 357 850

Mill Green, Hatfield AL9 5PD

www.welhat.gov.uk/museum

**WELWYN
HATFIELD**
BOROUGH COUNCIL



Mill Green
MILL & MUSEUM

concession
rates

Muffin Break

10% discount

More than just muffins - great food and premium coffee which is ethically sourced. Our muffins and cakes are baked on site each morning and made with TLC, so they are served with pride; making your breakfasts and lunchtimes delicious. Our products are just yummy as a snack or treat anytime of day.

The Howard Centre, Welwyn Garden City AL8 6HA

Tel: 01707 327 792



10%
off

Predator Motor Sport

10% discount

The largest M.O.T. & Service Super Centre in Hertfordshire; our fully trained staff will service your vehicle to main dealer standards for half the price. Specialising in all types of tyres and offering bespoke exhaust design for one off applications. We have one of the largest parts departments in the south not just in size but parts stocked as well. With 40 years of trading.

Tel: 01707 334 090 or MOT Booking: 01707 334 050

1 - 3 South Mundells, Welwyn Garden City AL7 1EP

www.predatormotorsport.co.uk



10%
off

QEI Hospital Pharmacy Shop

10% discount

10% discount is available to unpaid carers on presentation of their Carers' Passport Discount Card. Located on the ground floor near the red stairs. Along with all the normal products you would expect in a pharmacy, they also provide incontinence supplies, medicine compliance aids, grabbers, sipping cups, long reach shoe horns and ash sponges.

This offer does not apply to prescriptions.

East and North Hertfordshire 
NHS Trust



Reflex Health & Fitness

20% discount off fitness packages

Since the opening of the 1st Reflex Health and Fitness Gym at Hatfield Leisure Centre, we have successfully helped 1000's achieve their goals - whether that be losing weight, toning up or getting fit. The addition of the Reflex Fitness facility at Hatfield Swim Centre and the refurbishment of the original Reflex facility at the Leisure Centre has provided further opportunity for people to take up a healthier lifestyle.

Tel: 01707 276 276 membership@finesseleisure.com
Travellers Lane, Hatfield AL10 0EB



**15%
DISCOUNT**

The only purpose-built roller rink in Hertfordshire with a capacity of 200 people. We hold a variety of skate sessions as well as exclusive parties and session parties.



CW Entertainment, Welwyn Garden City, Herts AL8 6BX
Box Office: 0300 3039 620

Roman Baths Welwyn

Concession rates

Tunnel through time to the world of the Romans with a visit to Welwyn Roman Baths. Discover the secrets of the past in a steel vault deep under the A1(M) where you can find the unique remains of a once-luxurious bathing suite and displays of local Roman objects. The layout of the hot, warm and cold rooms and the heating system are a fine example of Roman life from the third century AD.

Situated under the A1(M) junction with A1000, just off Welwyn By Pass. SatNav: AL6 9FG



Roman Baths
WELWYN

**WELWYN
HATFIELD
BOROUGH COUNCIL**



Snappy Snaps

10% discount

We know your memories are precious and we pride ourselves on our ability to turn your treasured images into great products where the memories will last a lifetime. You can order a variety of unique personalised items on our website, or you can pop into our store and you can browse our full collection.

Tel: 01707 339 554 info@snappysnaps-wgc.com
59 Howardsgate, Welwyn Garden City AL8 6BB



A soft play centre
for all the family with
dedicated age zones.
Unlimited sessions, plus
exclusive & session parties for
children aged 0-8 years.



CW Entertainment, Welwyn Garden City, Herts AL8 6BX
Box Office: 0300 3039 620



3 cinema screens
with capacity of
40, 115 and 361 seats.

Showing the
latest movie releases.



CW Entertainment, Welwyn Garden City, Herts AL8 6BX
Box Office: 0300 3039 620

Yogavita

15% discount

Yogavita classes are held in Welwyn Garden City & Hertford. Practice yoga in a welcoming & friendly environment & improve flexibility, strength & also mental relaxation - whether you are new to yoga or already experienced.

Tel: 07905 255 333
Email: irene@yogavita.co.uk
www.yogavita.co.uk



IRENE CAMPBELL
YOGA CLASSES AND WORKSHOPS

Welwyn Garden Osteopaths: your Osteopath

10% discount

What would you do if it didn't hurt?

Welwyn Garden Osteopaths: your Osteopaths



Stephen Perry, Barbara Grace and Clare Adams have been successfully offering help and advice for all your muscle, ligament and joint aches and pains, since 1983. We know that carers and care workers need to keep fit and pain free so they can deliver the best help to those under their care. Our aim is to help people including carers achieve and maintain optimum health.

Tel: 01707 334 902

www.YourOsteopath.co.uk

**53 Longcroft Lane,
Welwyn Garden City AL8 6EB**

WELWYNGARDEN
OSTEOPATHS

yourOsteopath
helping you to live a pain free life

If you have a suggestion for a
Hertfordshire business that you'd like
to see providing an offer or discount to
carers please get in touch.

Call 01992 58 69 69 or

email contact@carersinherts.org.uk



Carers
in Hertfordshire

charity registration number 1085491

Making Carers Count

North Hertfordshire Offers

Aimee's Hair Design

15% discount

Introductory offer of 15% on 1st visit and 10% off each further visit. Not valid in conjunction with any other offer. Valid Mon–Sat. A freelance mobile hairdresser offering all hairdressing services from cutting, styling, colouring, setting and perming. Friendly and fully qualified level 3 stylist with 6 years salon experience I understand how little free time you have and will visit your home to give you time to relax.

Tel: 07718 075 123

Stevenage, Hitchin, Letchworth, Baldock



Amber Health Osteopathy & Complementary Healthcare Clinic

10% discount

A modern dynamic complementary health clinic situated in Baldock. We actively recognise and want to reward carers by offering a discount on all our treatments. We offer a wide range of treatments including Osteopathy, Acupuncture, Chiropody, Counselling, Massage and Nutritional Advice. Our aim is to help people including carers achieve and maintain optimum health. We look forward to welcoming you with your Carers' Passport Discount Card to claim your 10% at our clinic.

Tel: 01462 490 141 www.amberosteopathy.co.uk

19 High Street, Baldock SG7 6AZ

www.amberhealth.co.uk



Archers Fitness

Concession rates

Superbly equipped with latest Technogym equipment, state of the art interactive viewing screens allowing you a choice of viewing whilst you workout. Progress is monitored through the Wellness Key system, allows members to review their training results after workout. Our fitness team is on hand to help you get the most of your programme. Also offers a range of other services to improve your health and wellbeing.

Tel: 01462 437 111

Fishponds Road, Hitchin SG5 1HA



Arena Stationers

10% discount over £5

Our family-owned business is much better equipped than the multi nationals, to offer you on the ground advice about products and work with you to match your budget. Our pricing policy takes a holistic approach which offers the best prices we can offer through net pricing or deep discounting. Come and see us where you can browse to your heart's content. Offering highly competitive prices to all customers.

**Tel: 01462 480 223 www.arenastationers.com
5 Arena Parade, Letchworth Garden City SG6 3BY**

Arena
stationers



Astara Holistics & Beauty

20% discount

Providing luxury holistic therapies either in the comfort of your own home or within a tranquil base in Shefford, Bedfordshire. I aim to provide a warm, friendly and calm service, focused on your individual needs. Fully qualified and insured, I can provide holistic treatments including Reiki, Thai Foot Reflexology, Swedish, Aroma, Hot Stone, Himalayan Salt Stone and Indian Head Massage, Luxury Facials, Natural Manicures and Pedicures, Waxing, Lash and Brow Tinting.

**www.astaraholisticsandbeauty.co.uk Tel: 07745 325 365
Diana Astara Holistics and Beauty IIHHT, IHBC, NVQ 3,
Reiki Master**



Back on Track Fitness

20% discount

Group Fitness is a fun way of achieving health, fitness and weight loss targets through movement and not machines. We offer Zumba, Fight Klub, Pilates, Bootcamp, Spinning, Kettlebells, TRX Fusion and more. Membership entitles you to unlimited sessions and includes 'The Training Zone'.

To book a 7 day free trial:

Free phone 0808 1082164

Or email stuarthyams@backontrackltd.com

BACKONTRACK
FITNESS STUDIO AND
SPORTS INJURY CLINIC



Balance Your Being

10% discount

**Reiki | Crystal Healing | Guided Meditations |
Angel Card Readings**

As a carer myself, I completely understand what it entails and what little we give back to ourselves. Balance Your Being aims to restore all areas of wellbeing whilst allowing you to immerse yourself in complete relaxation.

A mobile practitioner covering North and East Herts.

www.balanceyourbeing.co.uk

Email: bec@balanceyourbeing.co.uk

Facebook/Instagram: @balanceyourbeinguk



Baldock Nail Spa

10% discount



All our nail technicians are VTCT qualified.
On production of your Carers' Passport Discount Card you will receive a 10% discount.

Tel: 07531 226 858
35 High Street, Baldock SG7 6BG

Baldock Nail Spa

Beautiful Balloons

10% discount



Welcome to our world of parties & celebration.
Whatever your event, we know exactly what you need to make it a success. We have been delighting our customers for more than 20 years and we always add something special to give the extra WOW factor.

Tel: 01763 236 223 or 01763 244 288
29 Market Hill, Royston SG8 9JS

beautiful-balloons.co.uk

Beauty To The Max

25% discount



Nail, Beauty & Holistic therapist based in Sandon.
Offering 25% discount on all full price treatments to unpaid carers (strictly on production of your Carers' Passport Discount Card). Being a carer myself I understand how sometimes you just need a little time for yourself and the opportunity to recharge your batteries.

For further information please contact: 07939 652187
Based in Sandon



Bell Chemist

***10% discount**



We are here to help you with your prescription requirements, advice on healthy living and self-care for minor illnesses. In addition, we stock a wide range of healthcare products and gifts.

*Excluding pharmacy medicines and prescription charges.

21b Bancroft, Hitchin SG5 1JW Tel: 01462 450 101



Bickerdikes Garden Centre

10% discount

A passion for gardening The aim of Bickerdikes Garden Centre is to offer you a comprehensive choice of expertly sourced products and services for the home & garden, all delivered with friendly welcoming and expert advice. Discount available to unpaid carers strictly on production of your Carers' Passport Card. (Excludes National Garden gift vouchers).

Tel: 01462 673333 info@bickerdikes.co.uk

www.bickerdikes.co.uk

Norton Road, Norton, Letchworth SG6 1AG



Nortons Café

10% discount

Nortons Coffee shop is a key feature of Bickerdikes and we set ourselves the same high standards when it comes to food and customer service. Whether it is a quick cup of coffee a light snack or lunch, you will be able to sit back enjoy your food while looking out over our beautiful landscaped gardens. Discount available strictly on production of your Carers' Passport Discount Card.

Full menu available all day - Full waitress service.

Tel: 01462 673333

www.bickerdikes.co.uk info@bickerdikes.co.uk

Norton Road, Norton, Letchworth SG6 1AG



Broadway Cinema Letchworth

50% discount on tickets

Broadway Cinema is one of the few remaining independent cinemas in Hertfordshire and Bedfordshire.

This art deco cinema, designed by Bennett and Bidwell and built by Howard Hurst, originally opened its doors back in 1936. In recent years, the cinema has undergone extensive refurbishment programmes which included restoring and developing the cinema into a four-screen facility, to accommodate the increasing number blockbusters released week on week.

Broadway Cinema's four screens always show the latest mainstream films, to find out about showing times or to book tickets contact our box office:

Unpaid carers will receive a 50% discount strictly on production of your Carers' Passport. Subject to availability for regular film performances.

**Tel: 01462 681 088 / 24-hour
information line: 01462 681 223**

info@broadway-cinema.com

Showtimes available at

www.broadway-cinema.com

Broadway Cinema, Eastcheap, Letchworth SG6 3DD



**heritage
foundation**

Letchworth Garden City



Café Rouge

25% discount - food & drink

Serving a delicious all-day menu of classic French dishes with a contemporary twist; from steak frites and boeuf bourguignon to a selection of croques, baguettes, salads and more - whatever the time of day, we have a dish to suit your mood. *This offer is strictly on production of your Carers' Passport Discount Card and not in conjunction with any other offer – excludes Christmas Day and Bank Holidays. Not available with the set menu.*

Tel: 01462 432962

11 High Street, Hitchin, SG5 1BH

**CAFÉ
ROUGE**
Est. 1989



Chesfield Downs Golf & Country Club

Guest Rate or No Joining Fee and One Month Free

Two superb courses: the Jonathan Gaunt designed, links style 18-hole course and The Lannocks 9 hole par 3, which is perfect for encouraging newcomers to the game. Drainage is excellent, keeping the courses playable all year round. The 18-hole course is quite open and appealing to golfers of all ages and abilities, but it will hit you with challenges that can catch you off guard if you let your mind wander.

Tel: 01462 482929 www.chesfielddownsgolf.co.uk

Jack's Hill, Graveley SG4 7EQ



CHESFIELD DOWNS
GOLF & COUNTRY CLUB



Chic Boutique CACI Non-Surgical Solutions

15% discount

As a carer running my own business as a CACI facialist, I understand stress. I offer face lifts, cellulite treatment, microdermabrasion and Indian Head Massage. I also offer anti-aging hand and facial Ultimate treatments. Neals' Yard organics are the product of choice.

Call Coral: 07824 636930 Salon based in Codicote



Cognitive Behavioural Therapist & Cognitive Coach

10% off initial session fee

Sarah Polack Cognitive Behavioural Therapy sessions for adults. CBT can help with anxiety, mild/moderate depression, general wellbeing and more.

Cognitive Coaching sessions for parents with a child with autism.

Tel: 07539 678 118 www.spcognitivecoach.co.uk



Counselling & Psychotherapy

10% Discount

Whether you are struggling to cope with a critical issue, have a long-term problem, or simply need to understand yourself better, I can help. Based in the pretty village of Rushden away from the hustle you will find a safe and comfortable space where you can talk freely with skilled support to help you find your way forward.

Tel: 07517 481 298 Email: jennyb123@btinternet.com
Based in Rushden, Hertfordshire

COUNSELLING & PSYCHOTHERAPY

Jennifer A Barlow
Dip C (Integrative)
Registered Member MBACP
(Accred)

Contact: 07517 481298

Email: jennyb123@btinternet.com



Empty Wheel Shiatsu

50% discount

A Japanese therapy that uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It is deeply relaxing, regular treatments can alleviate stress and illness, improve sleep, and maintain health. Appointments available weekdays, evenings and weekends. Discount on single treatments & courses.

Tel: 07540 635 694
nexusstephen@gmail.com
www.emptywheelshiatsu.com

Empty Wheel Shiatsu 



Esquires Coffee (Letchworth)

10% off everything

Enjoy fantastic coffee, delicious cakes, tasty Panini's and more. A lovely atmosphere and very friendly staff. We look forward to seeing you soon. Esquires are delighted to have teamed up with Carers in Hertfordshire to offer you a 10% discount.

Tel: 01462 675 755 **www.esquirescoffee.co.uk**
27 Leys Avenue, Letchworth Garden City SG6 3ED



Evergreen Wellness Centre

10% discount on yoga classes

10% off block bookings on Mother and Baby yoga. Adult Yoga classes block booking at £54 instead of £60 for 10 classes or drop in at £6 instead of £7.

Tel: 01462 486 444
Email: info@evergreenwellness.co.uk
Website: www.evergreenwellness.co.uk
607 Works Road, Letchworth SG6 1NA



Evergreen Wellness Centre

10% discount



Shiatsu

Shiatsu (meaning literally 'finger pressure') is a powerful hands-on therapy originating in Japan. According to traditional Japanese medicine, a headache is not just seen as an event in the head. It is also seen as an obstruction of Ki (energy), related to the overall energy patterns in the whole body of the particular individual, their circumstances, and lifestyle. Treatment might involve work on the arms or legs, as well as (or instead of) the head.

Clinic times and days vary. Please contact reception for further information.

Sports Therapy

Sports Massage is a deep tissue massage based on Swedish massage. It uses a variety of different techniques from the classic techniques such as gliding strokes, kneading movements, circular pressure of the hand and fingers, to more manipulating techniques as stretching of the muscle tissue, cross-fibre friction, pressure-point work and joint mobilization to stretch, release tension and soreness within the soft tissues. It can also improve a range of movements and aid in recovery of sore, tired and injured muscles.

Monday afternoon and Wednesday morning. Please contact reception for further information.

Chiropractic

Chiropractors are concerned with the Musculoskeletal system; the bones and muscles that support the body. Chiropractic is a straight forward method of adjusting the bones of your body to improve the alignment of your skeleton, and through this process help the nervous system to work more efficiently. The purpose of chiropractic care is to realign and rebalance your body to relieve pain and discomfort, and increase mobility.

Appointments available weekdays and weekday evenings. Please contact reception for further information.

Tel: 01462 486 444

Email: info@evergreenwellness.co.uk

Website: www.evergreenwellness.co.uk

607 Works Road, Letchworth SG6 1NA



Extreme Clean

10% discount (minimum spend £50)

We are focused on providing cleaning services with the highest levels of customer satisfaction & we will do all we can to meet your expectations. Using top brand chemicals & with a variety of offerings to choose from, we're sure you'll be happy working with us.

Tel: 07810 481 360 or 01462 712 242

www.facebook.com/extremecleanhitchin

24 Holwell Road, Holwell, Hitchin SG5 3SL



Garden City Florists

10% discount

We offer a very friendly but professional service. We believe we have something to suit the majority of tastes; at prices to suit everyone's budget. If you need something in a hurry, come in and choose from our wide selection of floral gifts, or give us a call if you'd like something more specific and we'll have it ready for you to collect, even at short notice! Unpaid carers will receive a 10% discount on production of their Carers' Passport (discount excludes Teleflorist).

Tel: 01462 685 370 www.gardencityflorist.co.uk

6 Arena Parade, Letchworth Garden City SG6 3BY



Glazed Creations

Free Painters Fee

Glazed Creations is a paint your own pottery studio that offers a welcoming space for some creating and fun. Painters of all ages and abilities are welcome. We are pleased to be able to offer our carers a free painters fee worth £5 with presentation of your Carers' Passport Discount Card.

Tel: 01763 249 800

Email: glazedcreationsroyston@gmail.com

3 Baldock Street, Royston SG8 5AY

www.glazed-creations.co.uk



Halfords Autocentre

Up to 50% discount

Half price MOTs, 10% off repairs, 15% off servicing and 5% off tyres (labour and parts included in discount).

For further details please Tel: 01462 681 552

Factory 796, Victory Works, Birds Hill,
Letchworth Garden City SG6 1HX



Healthy Herts Nutrition

15% discount on 1st session



Time to look after YOU!

The more nourished you are, the better you can look after yourself AND others.

Nutritional therapy can support optimum energy levels, healthy blood sugar balance, healthy weight, emotional and psychological wellbeing, optimum gut health and tolerance to a broad range of food groups. Have a complete diet review and receive straightforward bespoke nutrition plan that you can put into action immediately.

Appointments in Letchworth (& Stevenage if accessibility issues).

Home visits occasionally possible. Evening appointments available.

Sarah Dodd DipCNM mNNA.

Call: 07811 476 239 or Email: healthyherts@pm.me

Hitchin Priory Sunday Carvery

3 courses for price of 2



Strictly on production of a Carers' Passport on arrival. This offer applies to the carer only (rest of party at normal price).

Excludes special events and must be pre-booked.

Tel: 01462 420 500

www.chartridgevenues.com/hitchin-priory

Hitchin Priory, Tilehouse Street, Hitchin SG5 2DL



Hitchin Priory Bedroom Offer

£60 Flat Rate for B&B



Carers and visitors can now access a £60 flat rate for B&B at Hitchin Priory. This offer is available any day of the week. Please note this offer can only be booked via the website using the offer code **CARER**.

(Cannot be booked over the phone or at the desk).

www.chartridgevenues.com/hitchin-priory

Hitchin Priory, Tilehouse Street, Hitchin SG5 2DL



Hitchin Swimming Pool

Concession rates pay as you go



Based in extensive grounds of approx 1 acre Hitchin Swimming Centre offers a wide range of leisure opportunities for all the community. The centre boasts: A 50m heated outdoor pool (open late May to early September). With a sunbathing terrace, A 25m deck level 8 lane indoor heated pool. An indoor toddler pool. Last entry to the swimming pool is 30 minutes before the pool closes.

Tel: 01462 441646

Fishponds Road, Hitchin SG5 1HA



Stevenage
Leisure Limited



HRJ Foreman Laws Solicitors

20% Discount

It is important to get the right advice when planning your family's future. Our experienced team will advise you of the best options for your family. Mention your Carers Passport Discount Card when making your appointment and get a 20% discount on a Will or Lasting Power of Attorney.

Tel: 01462 458 711 Email: info@hrjforemanlaws.co.uk
25 Bancroft, Hitchin, SG5 1JW
www.hrjforemanlaws.co.uk



Ickleford Equestrian Centre Pony Club for Young People

20% discount

Would you like your own pony for the day?

Would you like to learn to ride?

You can access a 20% discount off of all school holiday activities.

The Pony Club encourages young people to ride and learn to enjoy all kinds of sports connected with horses and riding. To promote the highest ideals of sportsmanship, citizenship and loyalty thereby cultivating strength of character and self-discipline – whilst making new friends!
 Please ring for further details.

Telephone: 01462 479 081 or Mobile: 07722 360880
Lower Green Farm, Lower Green, Hitchin SG5 3TW
www.icklefordequestriancentre.com



Association
of British
Riding
Schools



Ickleford Equestrian Centre

50% discount

Is horse riding something that you've always wanted to do? It is a wonderful outdoor sport and great exercise in the fresh air – a good place to meet new like-minded friends. Horses are a great leveller and very therapeutic. No matter how much or how little experience you have we welcome all ages.

Unpaid carers can access up to a 50% discount off weekday riding lessons – please ring to check availability.

Tel: 01462 479 081 or Mobile: 07722 360880
www.icklefordequestriancentre.com
Lower Green Farm, Lower Green, Hitchin SG5 3TW



Association
of British
Riding
Schools



Jewellery Box

10% discount

A great selection of beautiful silver jewellery and watches both plain silver and stone set from all around the world. Unpaid carers will receive a 10% on production of their Carers' Passport Discount Card (please note this offer excludes watches).

Tel: 01462 675 707

1 The Arcade, Letchworth Garden City SG6 3ET



Judy Watson Nutritionist

26% discount (NUTRITION MOT ONLY)

If life is very stressful it is important to have a good diet; managing energy, mood and weight with non-invasive food intolerance/vitamin testing with a consultation.

I have helped over 5,000 people in 1 to 1 consultations & keep up to date with all new research.

For further information please contact Judy on:

Tel: 07904 335 763 www.judywatsonnutritionist.co.uk

Based at: Health Emporium,
16a High Street, Hitchin SG5 1AT



Judy Watson
NUTRITION CONSULTANT

Letchworth Centre for Healthy Living Nourish Wholefood Café

£10% discount

Provides delicious, stunningly presented, vegetarian wholefoods which rival those served in top London restaurants. Many of the array of main dishes, soups and puddings cater for gluten, dairy and sugar intolerances. With glorious views and wonderful service, a real gem to be visited again and again.

Open Mon-Fri from 9.30am-3pm & Saturdays until 3pm

Tel: 01462 486429 Email: nourishcafe1@gmail.com

Rosehill Hospital, Hitchin Road, Letchworth SG17 5LP



Letchworth Mobility

Ask Robert for a deal

For all your mobility needs and wants

HIRE OR BUY!

Bath chairs and aids, wheelchairs, scooters new and pre-owned, riser/recliners, beds, stairlifts new and pre-owned and highchairs.

Tel: 01462 680000

www.letchworthmobilityshop.com

18 Openshaw Way, Letchworth SG6 3ER



Letchworth Centre for Healthy Living

Up to 15% discount*



We are an award-winning registered charity, established in 1984, offering treatments by highly qualified, experienced and skilled practitioners. Complementary approaches are known for their ability to enhance general health and wellbeing – as well as reduce stress and nurture those who are stressed. For enquiries please call between 9am to 8pm (Monday-Friday) and Saturdays 9am to 3pm.

10% off any clinic treatment (unlimited number of treatments):

Massage: Swedish, Deep Tissue, Hot Stone, Sports Injury, Remedial, Indian Head, Facial Massage, Shiatsu, Manual Lymphatic Drainage.

Acupuncture, Energy Psychology, Herbalism, Homeopathy, Hypnotherapy, Naturopathy, Osteopathy, Reflexology, Reiki and Yoga Therapy.

5% off classes:

Alexander Technique, Moving Mindfully, Silver Swans and Adult Ballet, Drama Development, Salsa, Dance Aerobics and Keep Fit, Pranayama and Meditation, Yoga (Hatha, Iyengar, Yoga Therapy for Anxiety, Mindfulness Yoga, Gentle and Restorative Yoga). *Excludes Mindfulness and Pilates*

10% off full cost counselling

(low-cost counselling is also available at a reduced rate)

Special group session for carers:

Caring Yoga; a drop-in Kundalini Yoga session (ideal for carers and those with long-term conditions), adapted to be done on the chair or on the mat, all levels. Every Friday (term time) from 1.45pm - 3pm followed by refreshments and time to chat.

15% off room hire (contact jaqui@letchworthcentre.org)

** excludes workshops, drop-in classes and Namaste Shop*

**The Letchworth Centre for Healthy Living,
Rosehill Hospital, Hitchin Road,
Letchworth SG6 3NA**

Tel: 01462 678804

www.letchworthcentre.org

**THE LETCHWORTH
CENTRE FOR
HEALTHY LIVING**

Charity Registration No. 295219 • Est. 1984

Letchworth Outdoor Pool

Concession Rate

The original 1935 lido. Our heated outdoor pool is situated within a beautiful natural environment and is family friendly with a real holiday feel. The heated 50 metre pool is surrounded by a grassed sunbathing area and we also have a separate toddler pool. Refreshments available from our onsite café.

Tel: 01462 684 673

Icknield Way, Letchworth, Herts SG6 4UF



Lister Hospital Car Parking

Concession

Concession parking is available if you are visiting longer than 7 days. You can upgrade your day pass to a weekly or monthly ticket. This can only be done via the staff on the ward. Ask the ward staff to arrange.

**Coreys Mill Lane,
Stevenage SG1 4AB**

East and North Hertfordshire 
NHS Trust



Lister Hospital Restaurant

10% discount*

Staff discount of 10% applies to carers, on presentation of the Carers' Passport Discount Card within Lister Hospital Restaurant, Level 2 & the Coffee Lounge, Level 3 (situated by lifts).

Opening hrs: *Restaurant*: 07.30-14.30hrs (Mon-Fri) & 12.00-14.00hrs (Sat/Sun)
Coffee Lounge: 09.30-1500hrs (Mon-Fri only)

**EXCLUDES Costa Coffee products in the Coffee Shop located in the Main Entrance at Lister Hospital. Discount strictly available on food + drink prepared on site only, excludes branded + externally prepared products.*

East and North Hertfordshire 
NHS Trust



Lister Hospital Pharmacy Shop

10% discount

10% discount is available to unpaid carers on presentation of their Carers' Passport Discount Card. The Pharmacy shop is located near the lifts in the main building. Along with all the normal products you would expect in a pharmacy, they also provide incontinence supplies, medicine compliance aids, grabbers, sipping cups, long reach shoe horns and wash sponges.

Please note this offer does not apply to prescriptions.

East and North Hertfordshire 
NHS Trust



LloydsPharmacy

10% discount

Hertfordshire's unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire strictly upon production of a valid Carers' Passport Discount Card.

Astonia House, High Street, Baldock, SG7 6BP

41 Bancroft, Hitchin, SG5 1LA

Units 1-5 (Rear of 95-98 Bancroft), Hitchin, SG5 1NQ

Letchworth Sainsburys, Third Ave Bus Pk, Letchworth, SG6 2HX

67 Norton Way North, Letchworth, SG6 1BH

10 High Street, Royston, SG8 9AG

133 London Road, Knebworth, SG3 6EX

*Excludes NHS prescriptions, private prescriptions, current promotion lines and cannot be redeemed against coupons.



LloydsPharmacy

Lubbly Bubbly

20% discount

Our range of massages & holistic therapies provide you with the comfort & rejuvenation of professional massage in your own home. Whether it's a full body massage or full aromatherapy experience - you will feel relaxed, & ready to tackle anything. If you're bored with the normal parties, let your creative side come out to play! We cater for all occasions. Whether it's a children's birthday party or an indulgent hen night, We provide all you need for a unique experience.



Lyndhurst Financial Management

Free Initial Consultation & 20% Off Initial Fees

Get help and long-term Care Funding advice from specialist independent advisers here in Hertfordshire. With Solla Accredited and Chartered Financial Advisers specialising in the area of Long Term Care Funding. Lyndhurst Financial Management is able to help you & your loved ones make immediate plans to secure funding for your care needs.

Tel: 01462 441100 or 07703 190638

Email: markireland@lyndhurstfm.co.uk

28 Bridge Street, Hitchin SG5 2DF



Lyndhurst
Financial Management

GS Phillips Trading As Manor Pharmacy

10% discount

We are committed to your health", so we promise to help you maintain a healthy lifestyle by advising on medicines, diet and nutrition and other health services, not just treat you when you are ill. Early detection can prevent all sorts of problems in the future. No appointment needed, just pop in and talk to our qualified Pharmacist who will be happy to give you impartial and confidential advice.

Tel: 01462 685 915

42/44 The Broadway, Letchworth SG6 3BX

www.letchworthpharmacy.co.uk



Newlook Dry Cleaners

10% discount

Come to Newlook Dry Cleaners experts in cleaning and repairing clothing and upholstery. Whether you want regular laundry services or one-off specialist cleaning, we've got the skills and experience to ensure your items are returned to you in excellent condition.

Tel: 01462 895 501

4 Sun Street, Baldock SG7 6QA



NJC Therapy Practice

15% discount

My purpose is to help you to uncover the unique, inner strengths you already have inside of you, to achieve your personal goals. Specialising in: Stress Management; Performance Improvement – for example exams, interviews, presentations, sports and weight control.

Free initial telephone consultation: Tel: 07900 215 914

Email: johnsm2643@gmail.com www.life-njctherapy.co.uk

Studio 180, Unit 8, Business Centre East, Letchworth Garden City, SG6 2TS



'Empowerment Starts with

North Herts Leisure Centre

Concessionary rate

Set in beautiful landscaped grounds. Enjoy our 60 station technogym equipped Fitness Suite, which offers you a large range of Cardiovascular and Resistance equipment. A wide and varied programme of activities is always on offer. Plus a Tropical Wave Pool perfectly designed to relax and unwind in. A friendly atmosphere awaits.

Tel: 01462 679 311

Baldock Road, Letchworth SG6 2ER



fitness@letchworth



Nuffield Health Fitness & Wellbeing Centre

Corporate Rate-Wellbeing Membership

Wellbeing Membership offers a more personal approach to fitness. Whatever your goal, we have a team of experts, including a Health Mentor, Nutritional Therapist, Physiotherapist, Physiologist and Personal Trainers, waiting to get you there. We will listen to what your personal fitness goals are and create a unique programme to help you achieve them.

www.nuffieldhealth.com/gyms/letchworth-garden-city

Tel: 01462 681 075

Letchworth Lane, Letchworth SG6 3NP



Osteopathics Hitchin

10% discount

OSTEOPATHY - Carers need to be cared for too.
No referral required.

Headaches, back & neck pain, shoulder, arm & hand problems, pelvic, hip problems, sports & other injuries. Ring for an appointment or to see if we can help you.

Tel: 01462 713 031 www.osteopathics.co.uk

Portmill Treatment Centre, Portmill Lane,
Hitchin SG4 9TH



Pilates Studio Sessions with Rachel Luck

25% discount

One to one Pilates sessions specifically looking at posture and assessment; designed to help good back care and posture. Pilates on the reformer (machine) helps to promote good posture, realign your body can be fun and/or relaxing.

Hitchin area. For further information Tel: 07967 247 344



Pixie's

10% discount*

Pixie's is located in the heart of Baldock's High Street. We are a warm and friendly independent coffee shop serving a range of delicious panini's, jacket potatoes, quiches and soups. We also have a wide selection of yummy cakes and tray bakes and not forgetting our great locally sourced coffee, ethically sourced loose leaf teas and soft drinks. Gluten and vegan options are available. Open Mon-Sat 9am-4pm. Available for private party hire. *Please note discount excludes alcohol.

Tel: 01462 896 660

24a High St Baldock SG7 6AX

Email: info@pixiesofbaldock.co.uk

www.facebook.com/Pixies-of-Baldock



Professional Dry Cleaners

10% discount

Based in 3 areas across Hertfordshire. Unpaid carers can access a 10% discount on production of their Carers' Passport Discount Card. Discount available for dry cleaning on site only.

25 Eastcheap, Letchworth Garden City SG6 3DA.

Tel: 01462 682 571

5 Brand Street, Hitchin SG5 1HX

Tel: 01462 450 491



Professional Dry Cleaners

Relax n Revitalise Reflexology

20% discount off first treatment

Reflexology is an amazing way to have some much deserved 'Me Time' and to help your body and mind come into balance.

Jay Chandarana MAR MFHT

Tel: 07534 199 126 Email: jay@relaxnrevitalise.co.uk

Rosehill Hospital, Hitchin Road, Letchworth SG6 3NA



Room To Grow Counselling

10% discount

Affordable individual and couples counselling, for adults; a safe, non-judgemental space where you can explore your feelings and thoughts, and begin to make sense of what is causing you distress or pain. I deal with anxiety, depression, relationship problems & much more (refer to website). Initial telephone assessment free of charge.

Maria Edwards Dip. Couns., MBACP

Counsellor & Psychotherapist Tel: 07796 497 649

Email: roomtogrowcounselling@gmail.com Based in Baldock.

www.roomtogrowcounselling.simplesite.com



Royston Leisure Centre

50% discount

Annual swimming membership 50% discount

Heath and Fitness Peak (gym, classes, swim)

15% discount

Tel: 01763 255 190

Woodcock Road, Royston SG8 7XT



Royston Leisure Centre

Concession rates*

A modern facility ideally located in the town. Superbly equipped with the latest Technogym equipment with state of the art interactive viewing screens allowing you a choice of viewing whilst you workout. Other facilities include a Dance Studio, which hosts a range of fitness classes, and a large fully equipped Sports Hall. Royston also boasts a 6 lane 25 metre pool. *Terms & Conditions apply

Tel: 01763 255 190

Woodcock Road, Royston SG8 7XT



Stevenage
Leisure Limited



Setfords Solicitors

10% discount

For advice and support making a Will; Creating Health and Welfare & Property and Financial Lasting Powers of Attorneys. For Probate advice and support on the next steps following a loved ones death.

Email: gyoung@setfords.co.uk

Direct line: Tel: 01525 304 563



Setfords
SOLICITORS



Sports Therapy 4U

15% discount

Injury rehabilitation, sports massage, deep tissue massage, postural assessment, soft tissue healing and nutritional advice. Sports therapy is particularly beneficial for anyone suffering from soft tissue injuries or general discomfort as well as maintaining healthy equilibrium.

23 Whitehorse St, Baldock SG7 6QB

Tel: 07521 150 102

info@sportstherapy4u.co.uk

www.sportstherapy4u.co.uk



Sports Therapy 4U
Sports Injury Rehabilitation Clinic

"Get the most out of your body"



Sunny Jaspal Complementary Medicine

15% discount

Offering acupuncture, massage & reflexology for optimum health & wellbeing. Helpful for stress & mood, sleep, relaxation, tension & pain. Experienced practitioner, registered with CNHC & BAAC professional bodies. Contact Sunny today.

hello@sunnyjaspal.com

www.sunnyjaspal.com

The Therapy Hub, 14 Unwin Close, Letchworth SG6 3RS

Tel: 07582 684 756

SUNNY JASPAL
COMPLEMENTARY
MEDICINE



Standalone Farm

50% discount

A traditional working farm providing hours of fun for the whole family. Standalone Farm is a delightful traditional working farm set in 125 acres of farmland on the outskirts of Letchworth, the world's first Garden City.

Demonstrations, exhibitions and farm walks are just some of the activities that happen at Standalone Farm, making it ideal and exciting for young children, and a great day out for the whole family. Depending upon the season when you visit, numerous different breeds of animals will be awaiting you. Sheep, chickens, pigs, ducks, ponies and rabbits just to mention a few.

50% discount for unpaid carers strictly on production of your Carers' Passport. Open from 10am to 5pm between the end of March and November.

Tel: 01462 686 775 Wilbury Road, Letchworth Garden City SG6 4JN



heritage
foundation

Letchworth Garden City

Standalone
Farm



Tasty Bites Café & Tea Room

10% discount

Situated in the heart of Royston Town, Tasty Bites Café & Tea Room is happy to offer unpaid carers a 10% discount. With a wide selection of teas, coffees, soft drinks & smoothies plus yummy jacket spuds with loads of toppings, rolls, sandwiches, Panini's, bagels a variety of homemade cakes and traditional creams teas. We also have a wide variety of delicious ice cream.

Market Hill, Royston SG8 9JS



Tasty Bites

Taste Buds Café

10% discount

Taste Buds is a cosy coffee shop set in a historical listed building its character and charm make it the ideal spot for a coffee and one of our scrumptious homemade cakes.

Taste Bud's friendly staff can provide you with a wide range of freshly made, hot and cold sandwiches and snacks to eat in or take away. Where possible we use free range and fair trade products.

**Tel: 01462 455 333 www.tastebuds-hitchin.com
106 Bancroft, Hitchin SG5 1NB**



TASTE BUDS
THE HOME OF GREAT FOOD

Teamworks Karting Ltd

20% discount

Letchworth - With twisting turns and a lengthy straight, our Letchworth site features indoor kart racing at its fastest and most thrilling! With free parking, multi-screen lap time systems, a large spectator area and karts as responsive as they are speedy, it's a high quality karting experience suitable for all ages and group sizes.

Tel: 0845 180 3020 www.teamworkskarting.com
2 Pixmore Avenue, Letchworth Garden City SG6 1JS



The Angel Vaults

20% Off Food

Explore our Club Deals, ranging from Steak Club on Tuesday to our weekly Sunday Brunch. Or pop in and try a pizza, our thin crust bases pressed by us (not premade), are freshly topped. Changes to our children's menu make our offerings even healthier, to help your youngster enjoy their five-a-day. Offer available strictly on production of a Carers' Passport Discount Card.

Tel: 01462 438 633 1ae, 5 Sun Street, Hitchin SG5 1AE
www.jdwetherspoon.com/pubs/all-pubs/england/hertfordshire/the-angel-vaults-inn-hitchin

wetherspoon



Toms Garden Services

10% discount

For ALL your gardening needs. Weekly, fortnightly, monthly or just one offs. No job too big or too small. Friendly, local, reliable. A member of the Trading Standards Approved scheme.

Written quotations available upon request.

Mob: 07780 667276 Tel: 01462 730 214
info@tomsgardenservices.co.uk



TUS Accountancy Services LTD

10% discount

If you are considering starting your own limited company, becoming self-employed or just need bookkeeping services we can advise and assist you with a free consultation to establish your exact requirements. We are dedicated to the highest level of customer service giving you total peace of mind that your accounts will be taken care of in a timely and professional manner.

Telephone: 01462 429 779
17a Hermitage Road, Hitchin SG5 1BT



Vutie Beets Vegan Eatery

15% discount

Vutie Beets believes in building a happier, healthier, more sustainable community through food. We believe everyone should have the right to healthy food, so would love to offer unpaid family and friend carers 15% off through the Carers Passport Service. Pop in to see us soon.

Tel: 01462 337 930

24 & 25 The Wynd, Letchworth Garden City SG6 3EN

www.vutiebeets.co.uk

hello@vutiebeets.co.uk



Walkwel Clinic

£2 discount

Established since 1990 with surgeries in Letchworth and Stevenage. We offer professional advice and provide specialist treatment for a wide range of common foot problems. We also stock a wide range of specialist footwear products. On production of a Carers' Passport unpaid carers will receive a £2 discount off any full treatment and £2 off non-sale shoes.

Tel: 01462 682 526

www.walkwel.co.uk

42 Leys Avenue, Letchworth SG6 3EQ



Wool-n-Things

10% discount

We stock an extensive range of products for all your knitting, crochet and cross-stitch needs. We also stock a wide range of patterns, needles, accessories and haberdashery. We are always willing to assist with any knitting & crochet problems you may be experiencing just pop in to our shop or come along to one of our crafty clubs.

Tel: 01462 612 889

3-5 Hitchin Street, Baldock SG7 6AL



Your Inner Peace

20% discount

Debbie the proprietor has trained with the registered charity Amethyst Trust, who has developed a new approach to treating clients living with cancer. Meeting the needs of those who have or have had cancer and are seeking massage, relaxation and pampering therapies; knowing that their therapist understands how to safely treat them.

Tel: Debbie: 01462 730 415 or 07815 934 731

Email: hello@yourinnerpeace.uk.com



YOUR INNER PEACE

Dacorum Offers

A&A Flooring

10% discount

A family owned business that recognised that the market place demanded a caring and professional end to end supplier that can provide an excellent service with competitive pricing. We offer a competitive and comprehensive range of flooring including carpets, wood, laminates, LVT and vinyl.

Tel: 01442 269 800

**110 Longlands, Adeyfield,
Hemel Hempstead HP2 4ET**



A & A FLOORING
www.aandaflooring.co.uk



Berkhamsted Citizens Association

50% discount

50% reduction on entrance fee (usual price £2) to non-members of the Association at our talks. Four talks a year at Berkhamsted Town Hall on topics, places or people of local interest. To access the above discount unpaid carers must produce their Carers' Passport at point of sale.

Tel: 01442 866 075 www.berkhamstedcitizens.org.uk



Berkhamsted Jazz Society

23% discount

Berkhamsted Jazz Society are delighted to offer unpaid carers the reduced members' rate; carers must produce their Carers' Passport Discount Card in order to receive this discount.

Tel: 01442 247 497

www.berkhamstedjazz.co.uk

4 Orchard Close, Hemel Hempstead HP2 5LQ



Berkhamsted Osteopath

10% discount

We provide osteopathy for adults, children and babies.
We have both structural and cranial practitioners.
Our osteopaths trained at The British School of Osteopathy
in London and are registered with the General Osteopathic Council.
10% discount on weekday appointments between 9am and 5pm.

Tel: 01442 878 900

109, High St, Berkhamsted HP4 2DG

www.berkhamstedosteopaths.co.uk

Berkhamsted Osteopaths



Brian Isbell - Cranial Therapy, Naturopathy, Osteopathy & Healing

40% discount

I integrate craniosacral therapy, naturopathy & osteopathy in a unique approach, to meet the needs of the individual. The treatments are particularly safe & gentle & suitable for a wide range of health problems & patients of all ages.

Tel: 07891 095 648 brianeisbell@gmail.com www.healthmattersforyou.co.uk

42 Lower Kings Road, Berkhamsted, HP4 2AA



Club Tropicana (Mobile DJ)

10% discount on all bookings

Mobile discos at weddings, birthday parties
(including children). Also Salsa lessons.

Tel: 07866 468 200

CLUB TROPICANA



If you have a suggestion for a Hertfordshire business that you'd like to see providing an offer or discount to carers please get in touch.

Call 01992 58 69 69 or
email contact@carersinherts.org.uk



making carers count

CRK Windows

An Extra 5% discount

CRK, a family run business since 1977. Efficiently building an enviable reputation and loyal client base producing quality products at down to earth value for money prices. Unpaid carers who produce their Carers' Passport Discount Card at the time of quotation are entitled to an extra 5% discount off of windows and doors.

For further information Tel: 01442 244 200
38 Mark Road, Hemel Hempstead HP2 7BW



Dacorum Communities for Learning

10% discount on all goods & services

Offering a range of computer and leisure courses. Some courses may carry a larger discount. Certificated courses like Level 2 Food Hygiene have fixed fee discount.

Tel: 01442 251 930 Email: admin@dcfl.org.uk

Head Office, Warners End Community Centre, Stonecroft, Hemel Hempstead HP1 3QG www.dcfl.org.uk



Dacorum Cycle Training

Free to unpaid carers

Would you like to learn to ride a bicycle with basic riding skills and how to control your bike as a complete beginner? I can teach you! All age ranges are very welcome. If you are an unpaid carer and would like to receive free of charge beginners' cycle training please contact me.

Tel: 01442 391 962



Dacorum Symphony Orchestra

30% discount off ticket prices for all concerts

The Dacorum Symphony Orchestra are delighted to announce that all unpaid carers in receipt of a Carers' Passport can access a 30% discount on ticket prices for all concerts.

dacorumso@gmail.co.uk
www.dacorumso.org



Dacorum Symphony Orchestra

Denture Care

10% discount on Repairs Only

Specialising in dentures in Berkhamsted - 2 Hour repair Services - Dentures cleaned and polished , Qualified Dental Technician. Established 1972.

For more information **Tel: 01442 866 762**
342 High Street, Berkhamsted HP4 1HT
www.denturecareberkhamsted.co.uk



Dower Does Window & Gutter Cleaning

10% discount for windows 15% Gutter cleaning

Using a water fed pole & pure water, makes for a very clean job.

Family run, Watford based. Window cleaning 10% off each visit. Gutter leaning 15% off.

Tel: Gavin 07790 731 410 Email: dowerdoes@ntlworld.com



Flying Colours

10% discount

Flying Colours are conventional painters and decorators located in Hertfordshire. We provide a selection of services and products and are available several days of the week. For customers that would like any advice regarding us, we kindly ask you to:

Telephone: 01442 866 822

**Kingfisher House, Graemsdyke Road,
Berkhamsted HP4 3LX**



Freshbins UK Ltd

10% discount

You won't be surprised to learn that wheelie bins are a breeding ground for germs and bacteria, inevitably collecting dirt and grime and omitting offensive, unpleasant smells. We offer a regular wheelie bin cleaning service once every 4 weeks. You can choose to have one bin only cleaned, or both - the choice is yours.

Tel: 01442 265 606

www.freshbins-uk.com

95 Kingsland Rd, Hemel Hempstead HP1 1QB



Everyone Active

Concession Prices



At Hemel Hempstead Leisure Centre we've got everything you need to enjoy your exercise routine. Whether that's working out in our newly refurbished high tech gym, going for a swim, or taking part in one of our group exercise sessions. You can also enjoy games of squash and badminton, followed by a relax and refuel with something tasty in the café. It really is the place for you.

Hemel Hempstead Leisure Centre
Park Road, Hemel Hempstead
HP1 1JS

www.everyoneactive.com/centre/hemel-hempstead-leisure-centre/

Here at Berkhamsted Leisure Centre, you'll find everything you need to enjoy your leisure routine. Whether you want to push yourself in our hi-tech gym, go for a swim in our pool or have a kickabout on our outdoor artificial pitch, we've got you covered. Meanwhile, you can also enjoy a fast-paced game of badminton or relax and unwind in our sauna.

Berkhamsted Leisure Centre
Lagley Meadow, Douglas Gardens, Berkhamsted
HP4 3QQ

www.everyoneactive.com/centre/berkhamsted-leisure-centre/

Tel: 01442 507 100

everyone
ACTIVE

Gade Insurance Services

5% discount

Gade Insurance offers car insurance, home insurance and commercial insurance including stand-alone liabilities. Based in Hemel Hempstead and happy to offer a 5% discount to unpaid family and friend carers who produce their Carers' Passport.

For further information please Tel: 01442 251 001
26 London Road, Hemel Hempstead HP3 9SB



Gadebridge Park

Discounts available

From May to September you can play bowls, crazy golf, giant chess, petanque, boules and croquet.

Tel: 01442 228 765 www.dacorum.gov.uk
Gadebridge Park, Hemel Hempstead HP1 3AQ



Green Badger Limited

10% discount

Founded in 2015, our mission is to provide excellent service, advice, back up and parts for customers requirements, to enable them to continue enjoying cycling. We sell a large range of service parts for most bikes, lubricants of several types, cleaning products, tyres, inner tubes, repair kits, pumps, basic maintenance tools, security locks, lights and other accessories.

For further information please contact:

Tel: 07928 015139

www.facebook.com/pg/greenbadger57



Halfords Autocentre

Up to 50% discount

50% off full VOSA priced MOTs,
10% off repairs, 10% off servicing.

For further details please call: 01442 245634
28 Mark Road, Hemel Hempstead HP2 7BW



G. Harrison Appliance Repairs

10% discount

Repairs of washing machines tumble driers, cookers, vacuum cleaners (Dysons etc.), spare parts available. Also now offering GHD hair straighteners repair service. No call out charge.

Telephone: 07717 763 740
28 Hidalgo Court, Highfield,
Hemel Hempstead HP2 5NZ



Hemel Hempstead Hospital Catering

10% discount

Unpaid carers receive 10% off at Hemel Hempstead Hospital cafes and restaurants - discount available on all food and drink except Costa Coffee. (Offer only available upon presentation of Carers' Passport Discount Card)

West Hertfordshire Hospitals 
NHS Trust




Hemel Hempstead Hospital

Concession Parking

£6 per day or £12 per week. Concessionary parking permit forms are available from staff on the ward. The form will need to be signed by a staff member and the permit is collected at Main Reception.

Tel: 01442 213 141
Hillfield Road,
Hemel Hempstead HP2 4AD

West Hertfordshire Hospitals 
NHS Trust



Hemel Stags Rugby League Club

Free Admission to Home Matches

Hemel Stags have stepped into the professional game and, as such, want to bring the community together around us. On production of a Carers' Passport Discount Card, unpaid family and friend carers will receive free admission to Home Matches.

Tel: 01442 219 799 www.hemelstags.com
Pennine Way, Hemel Hempstead HP2 5UD



Journey Method Therapy

10% discount

Fast, effective, gentle, method that can resolve a wide range of emotional and physical issues for adults and children. Often just one appointment can resolve the current issue.

Tel: 01442 213 152 Mobile: 07976 795 666

Email: sue@journey-therapy.co.uk

www.journey-therapy.co.uk



King's Barbers

25% discount off haircuts

Gentlemen looking for a haircut, check out King's Barber Salon. Services include: Haircuts, head shave, beard trimming, wet/cut throat shave, hot wax for ears, hot towels. Discount strictly on production of a Carers' Passport Discount Card. Open 7 days per week. Opening hours: 9am - 7pm Mon-Fri, 10am - 4pm Sun.

Tel: 07508 732 487

33/34 Market Square, Hemel Hempstead HP1 1EP



KKLaw

5-10% discount

A team of experts who offer a friendly and professional service focusing on most legal problems or issues a family is presented with from the cradle to the grave including: family law, wills + probate, advising the elderly, mediation, marriage + separation and employment law. Unpaid carers will receive a 5% discount on fixed fee cases and 10% discount off all other matters (strictly on production of a Carers' Passport Discount Card). Home visits can be arranged.

Tel: 01442 216 755

www.kklaw.co.uk

11 Bridge Street, Hemel Hempstead HP1 1EG



If you have a suggestion for a Hertfordshire business that you'd like to see providing an offer or discount to carers please get in touch.

Call 01992 58 69 69 or

email contact@carersinherts.org.uk



charity registration number 1085491

making carers count

Little Hay Golf Complex

Up to 30% Discount

Located just outside Hemel Hempstead, Little Hay is regarded as one of the finest pay and play golf facilities in the south east of England. We have an 18-hole golf course, a driving range, pitch and putt as well as foot golf and are delighted to offer Carers' Passport Holders up to 30% discount on all of these activities.

Tel: 01442 952 444 www.littlehaygolf.co.uk
Box Lane, Bovingdon HP3 0DT



The Par3 Suite at Little Hay

10% Off

A beautiful function and events venue set in 135 acres of countryside – the perfect setting for private dining, parties, conferences and now with a civil ceremony licence you can even get married here. Our friendly and professional team will ensure your event goes smoothly, making your event memorable. We are delighted to offer Carers' Passport holders 10% discount on our room hire.

Tel: 01442 952 444 www.littlehaygolf.co.uk
Box Lane, Bovingdon HP3 0DT



LloydsPharmacy

10% discount

Hertfordshire's unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire strictly upon production of a valid Carers' Passport Discount Card.

66 High Street, Tring HP23 4AG
20 Chapel Street, Tring HP23 6BL
38 Queens Square, Hemel Hempstead HP2 4ER
Everest Way, Hemel Hempstead HP2 4HY
Apsley Mills in Sainsbury's, London Road, Apsley Mills,
Hemel Hempstead HP3 9QZ

*Excludes NHS prescriptions, private prescriptions, current promotion lines and cannot be redeemed against coupons.



LloydsPharmacy

Manor Pharmacy

10% discount

We are "committed to your health", so we promise to help you maintain a healthy lifestyle by advising on medicines, on diet and nutrition and many other health services, not just treat you when you are ill. Early detection can prevent all sorts of problems in the future. No need to make an appointment, just pop in and speak to our Qualified Pharmacist who will be happy to give you impartial, friendly and confidential advice.

Telephone: 01442 832 127

www.manorpharmacygroup.co.uk

37 The Street, Bovingdon HP3 0HG

I ♥ MY
Award winning!
Pharmacist



Martins repairs

10% discount

Washing machines tumble driers and cooker repairs. All parts available. Also happy to assist with small DIY jobs.

Tel: 01442 241 994

Mobile 07840 506732

6 Alldicks Road, Bennetts End, Hemel Hempstead HP3 9JJ



Ministry of Air

Up to 35% discount

Discount 5-16-year olds=35%, Adults=25%.

Sessions: 5-16 Year Olds and 16 Years Plus.

Trampoline: Adult Open Sessions, Competition Squad, Trampoline Parties, Aerial Sports Training, Stunt Register Training, 1to1 Tuition, Holiday Workshops & more. Strictly on production of a Carers' Passport. Please bring your completed booking form to first session.

<http://www.ministryofair.com>

Tel: 01442 500 751

Hemel Hempstead Sport Centre HP1 1JS

MINISTRY OF AIR



MOTEST UK LTD

10% discount off labour and MOTs

Although our name implies MOT testing, we offer much more. Our skills and equipment allow us to offer a wide range of services all at highly competitive pricing. Our philosophy is only to do the agreed work and seek customer approval before any additional work is undertaken. Quality of Service better than a main dealer and cheaper!

126 Bennetts End Road,

Hemel Hempstead HP3 8DY

Tel: 01442 212 102

www.motest.co.uk



Muffin Break

10% discount

More than just muffins - great food and premium coffee which is ethically sourced. Our muffins and cakes are baked on site each morning and made with TLC, so they are served with pride; making your breakfasts and lunchtimes delicious. Our products are just yummy as a snack or treat anytime of day.

Marlowes Shopping Centre, Hemel Hempstead HP1 1DX



Nature to Nurture Massage Therapy

20% discount

Treatments: aromatherapy (all treatments), Swedish massage, deep tissue massage, clinical/sports massage, trigger point therapy, neuromuscular techniques, myofascial release, pregnancy massage, facial rejuvenation massage, Indian Head Massage, combination of treatments.

Tel: 07902 826 544 Email: info@nature-to-nurture.co.uk

www.nature-to-nurture.co.uk

**Nature to Nurture Home Practice, Fields End,
Hemel Hempstead HP1 2SE**



NATURE TO NURTURE
AROMATHERAPY, HOLISTIC & CLINICAL MASSAGE

Our Gym

No Joining Fee

Friendly, Open, Local, Ours – That's Our Gym
YOUR local charitable not for profit gym – providing health and wellbeing facilities for the community.

- 30+ free bookable classes every week
- Flexible payment options
- Personal training
- Free parking

Pop in for a free tour in Mark Road Hemel Hempstead HP2 7UE

www.ourgym.co.uk



Pass Wright (Qualified Driving Instructor)

10% discount on single lessons

Full hour lessons, intensive courses,
Pass Plus, refresher training and motorway instruction.

Telephone: 07958 219 363



Quasar Hemel Hempstead

50p off standard games

The futuristic laser game; fun for children and adults alike. Here at Quasar Hemel Hempstead we boast the world's only multi theme Quasar laser tag arena. With one large laser tag arena split into five different zones, you will explore them all in an exciting game of Quasar.

Tel: 01442 213 200

www.quasarmhemel.co.uk

179 Marlowes, Hemel Hempstead HP1 1BB



R.A. Fyfe + Son Family butchers

10% discount off meat

Special offers and freezer packs excluded.

Tel: 01442 833 492

81 High Street, Bovingdon HP3 OHP



Roger Crawley Glass & Glazing

15% discount off of labour

Roger Crawley Glass & Glazing are glazing installers in Hemel Hempstead. Catering for all types of glass and glazing on all types of doors and windows plus window repairs.

Call Roger on: Tel: 01442 243 866

65 Windmill Road, Hemel Hempstead HP2 4BW



Seishinkai Shotokan Karate International

(pursuing excellence in Shotokan Karate)

Half price lessons

An international association dedicated to the teachings of Master Funakoshi and the late great J.K.A Chief Instructor, Nakayama Sensei and training in traditional SHOTOKAN KARATE. Lessons by Chief Instructor Malcolm Phipps (8th Dan).

Tel: 01442 266 048

www.sski.org

3 The Copse, Hemel Hempstead HP1 2TA



Specsavers

25% discount

£5 eye test and 25% off spectacles over £69.
Offer available to all unpaid family and friend carers strictly on production of a Carers' Passport Discount Card.

Tel: 01442 828 778

www.specsavers.co.uk/stores/tring

8 Dolphin Square, Tring HP23 5BN



Spirit Health Clubs

Corporate Rate

Hemel Hempstead & Aylesbury

Spirit Health Clubs are small and personal; that's the way our members like it. Unlike bigger clubs, it gives us the chance to help our members one-to-one and makes our support and guidance all the more effective. As part of Intercontinental Hotels, the quality of our facilities and our commitment to providing world-class customer service is assured.

The benefits package of being a Spirit member extends to great discounts on staying at IHG Hotels or enjoying food and beverage in our restaurants.

Tel: 01442 232 296

Spirit Health Club, Holiday Inn Hemel Hempstead,
Breakspear Way HP2 4UA



Tates Coaches

10% discount

As one of the longest established coach businesses in the Herts and Beds area our wealth of experience and personal involvement with operations ensure the highest level of service. 10% discount off day excursions only.

Telephone: 01582 840 297 or 01442 862 468

44 High Street, Markyate AL3 8PA

www.tatescoaches.co.uk



The Rex Cinema

Concession price

The Rex has one huge screen set in a glorious 1938 art-deco proscenium with the sharpest film projection and clearest non-booming sound anywhere in the world. Throughout, its seating is big and soft. It has been called luxurious and it is civilized. It reminds us of what we have long stopped expecting from public buildings.

Tel: 01442 877759 www.therexberkhamsted.com
Three Close Lane, High Street, Berkhamsted HP4 2FG

THE - REX
BERKHAMSTED



Village Environmental Services

20% discount

Applies to all accepted estimates for drain clearance and CCTV drain surveys.

For further information please
telephone: 07850 635 844 or 01296 624 221
59 Carrington Crescent, Wendover,
Bucks HP22 6AN



West Herts Cycle Training

25% discount

Bikeability registered national standards
cycle instructor, DBS checked.
For further information please:

Tel: 01442 380 150 or email: david.puddifoot11@ntlworld.com

West Herts Cycle Training



XC

20% discount

Skatepark, Climbing & Bouldering, Caving, High Ropes.

Looking for an adrenaline rush with a difference? XC are proud to offer Carers' Passport holders 20% discount on any of these activities..... so get yourselves up to Jarman Park, Hemel Hempstead and see what everyone is talking about.

Check out www.thexc.co.uk

Tel: 01442 952 333

Jarman Park, Hemel Hempstead HP2 4JS

XC



ZTW Mobility

10% discount + Free Mobility Scooter Servicing & Safety Training

The one stop shop for your mobility needs.

Specialising in high quality products: Mobility scooters, powerchairs & wheelchairs, mobile hoists & slings, mobility furniture, daily living aids and stairlifts. Experienced team of advisors to assist you. We also offer free mobility scooter servicing and safety training.

Tel: 01442 262 663 www.ztwmobility.co.uk

Email: ztwmobility@btconnect.com

125 Lawn Lane, Hemel Hempstead HP3 9HS



2M Small Business Services

Offering 10% off all our services

Including bookkeeping, tax returns and 1 to 1 IT Training (especially Excel or Word).

Special offers for carers only:

- Tax return for £10
- Self-employed? Do your own bookkeeping or personal accounts in Excel with our specialised templates at half price for £15. Both templates include support by email or phone.

Tel: 07887 876 313

Email: 2msbservices@gmail.com

2M Small Business Services



If you have a suggestion for a

Hertfordshire business that you'd like

to see providing an offer or discount to

carers please get in touch.

Call 01992 58 69 69 or

email contact@carersinherts.org.uk



Carers
in Hertfordshire

charity registration number 1085491

Making Carers Count

Watford & Three Rivers Offers

A&A Self Storage 20% discount

A&A Self Storage have been operating in Watford for over 15 years. We aim to make Self Storage as easy and as simple as possible. We provide Self Storage for businesses and residents of Watford and the surrounding areas. We are pleased to offer anyone with a valid Carers' Passport Discount Card up to 20% off all packing materials and storage. We also offer 4 weeks free storage to new customers & up to 12 weeks free for business customers.

Tel: 01923 240 222 www.aaselfstorage.com
113 Bushey Mill Lane Watford WD24 7UX



Abbey Pharmacy

10% discount (excluding prescriptions)

Tel: 01923 262 151

45 High Street, Abbots Langley WD5 0AA



ARTISAN

Up to 50% Off

Just relax while our hair care professionals look after you with a cut and finish for only £30. It's our small way of recognizing and thanking you for all the great work you do looking after others. Now it's your turn to put yourself in someone else's hands and enjoy some pampering 'me time' with a saving of up to 50% off the usual cost. Please quote 'Carers Passport'. To make an appointment:

Tel: 01923 249 604

150 High Street, Watford WD17 2EN
www.artisanhaircutters.co.uk/club-21.html



ARTISAN

Balance Counselling

50% discount

I will work with you to design a therapy program that will help you get the most out of life. You will find out both who you are and who you want to be. As a carer myself I know how important it is to prioritise and to manage stress levels; it is easy to feel like life is spiralling out of control. I know that it is possible to change your life and achieve things you did not think possible.

For further information please call: 07961 475110

Email: info@balancerickmansworth.com

www.balancerickmansworth.com

Based in Rickmansworth



Balance Counselling

Claire McCartan
Counsellor

bb's coffee & muffins

20% discount

Is it the mouth-watering aroma of muffins and mini muffins freshly baked every morning or our unique blend of premium coffee? Is it our freshly prepared range of hot and cold wraps, sandwiches and toasties? Is it our refreshing range of iced coffees, frappes or refreshers? Is it our great service in a welcoming and relaxing environment? There are a lot of things that come together to make bb's coffee & muffins a great place to meet and relax so why not try it today.

Tel: 01923 230 760

Lower Mall, 53 The Harlequin Centre, Watford WD17 2TF



bb's
coffee • muffins

Beauty Barks

10% discount

Professional dog grooming in a home environment. bathing, blow dry, hand stripping, scissoring, styling, nail trimming, ear plucking and cleaning, paw waxing and deodorising. Prices from £20. Prices vary on breed, size, temperament and the coat condition of your dog.

Tel: 01923 462 069 Mobile: 07982 465 483

Email: rachel@beautybarks.co.uk www.beautybarks.co.uk



Blue Chair Therapies

£5 discount

Full session 45 mins and consultation time usually £35 or 30 mins + consultation time usually £25.

Helen Harverson ITEC Dip. CThA Reflexologist

Tel: 07943 944 108

Bluechairthereapies@yahoo.co.uk

61 Bushey Mill Lane, Watford WD24 7QX

Blue Chair Therapies
find your inner calm



Bushey Grove Leisure Centre

Concession

Fitness studio, the latest in Power Plate® tech, dance studio, health suite + therapies, complimented by a 25m pool, teaching pool, crèche, badminton, squash, outdoor floodlit 5-a-side, netball, tennis courts and NEW Padel tennis courts. We proudly serve Starbucks™ coffee and offer free Wi-Fi access in our café.

Tel: 01923 470 140 www.busheygroveleisurecentre.co.uk
Aldenham Road, Bushey WD23 2TD



Cloud 9 Leisure Watford

15% discount

(Weekends & School Holiday Weekdays)

A giant indoor inflatable world for kids (above 1 metre) and adults, which combines the excitement & challenge of Ninja Warrior, Gladiator & Total Wipeout. Please enter Carers' Discount Code when booking (online or telephone) and present your Carers' Passport Card on arrival. (Discount code is on your Welcome Letter, or ring Carers in Hertfordshire on 01992 58 69 69).

Tel: 0203 87 37 999 www.cloud9leisure.com
Francis Combe Academy, Horseshoe Lane, Watford, WD25 7HW



Dower Does Window & Gutter Cleaning

10% discount for windows

15% Gutter cleaning

Using a water fed pole & pure water, makes for a very clean job. Family run, Watford based. Window cleaning 10% off each visit. Gutter leaning 15% off.

Tel: Gavin 07790 731 410 Email: dowerdoes@ntlworld.com



Forrest Opticians

10% discount

We are a professional family run opticians based in the High Street for 21 years. Our Optometrists offer comprehensive eye tests, with specialist equipment including retinal imagery, dyslexia pre-testing and OCT Screening. We also cater to all contact lens needs. Our fully qualified, friendly staff are on hand to help.

Tel: 01923 778 704

Or pop in to book your next eye examination.
143 High Street, Rickmansworth WD3 1AR



FORREST OPTICIANS

OPHTHALMIC OPTICIANS • CONTACT LENSES

Halfords Autocentre

Up to 50% discount

50% off full VOSA priced MOTs,
10% off repairs, 10% off servicing

For further details please Tel: 01923 805 135
Fisher Industrial Estate, Wiggshall Road,
Watford WD18 0FN



Hintons Pharmacy

20% off selected fragrances +

10% off of everything else (excluding prescriptions and medical lines). Register for patient prescription pickup and delivery.

Tel: 01923 248 992

88 The Parade, High Street, Watford WD17 1AW



Hollywood Bowl Watford

50% off bowling, Sun 6pm - Fri 6pm

All-round entertainment with 26 bowling lanes, lane service, bar, cafe, music and games! We have good access, a good understanding of disabilities and are happy to support the carers with their needs. Not to be used in conjunction with any other offers.

STRICTLY TERM TIME ONLY. EXCLUDES SCHOOL & BANK HOLIDAYS
Please request **CONCESSION RATE** for telephone bookings

Tel: 0844 826 1473 www.hollywoodbowl.co.uk

Leisure Park, Kingsway, Watford WD25 7JZ



LloydsPharmacy

10% discount

Hertfordshire's unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire strictly upon production of a valid Carers' Passport Discount Card.

Dome Roundabout Sainsbury's, North Western Ave, Watford WD25 9JS
188 New Road, Croxley Green, WD3 3HD

*Excludes NHS prescriptions, private prescriptions, current promotion lines and cannot be redeemed against coupons.



LloydsPharmacy

Middletons Steakhouse & Grill

20% discount off food bill

Our stylish casual, premium steakhouse and grill is perfect for dining or relaxing anytime of the day. All of our meat is delivered fresh every day from our very own butchery in Middleton, Norfolk, ensuring a delightfully fresh meal each and every time you visit. This offer is valid Monday-Thursday only, i.e. lunch menu and excludes any other offer and Bank Holidays.

Tel: 01923 517 332 watford@middletons-shg.co.uk

Unit 4, 9 King Street, Watford WD18 0BW



MOD Pizza

15% discount

MOD is the original superfast pizza experience. A pioneering fast-casual concept that puts you in the driver's seat. Build your own pizza or salad, or order one of MOD's classics. Over 30 toppings to choose from. Try our hand spun milkshakes, starters and sides and of course desserts! Discount available strictly on production of your Carers' Passport Discount Card.

Tel: 01923 221 592 43 High St, Watford WD17 2DJ

<https://modpizza.co.uk/locations/watford-high-street/>



Positive Experience Training

20% discount

"Talk as you Walk" in a calming environment
Carer to Carer Coaching and Mentoring 1:1 support
Refresh, Redress and Restore Positivity back into your life!

Find out more – Call Clare direct on Tel: 07761 129311

Email: enquiries@positiveexperiencetraining.co.uk

www.positiveexperiencetraining.co.uk



Rickmansworth Golf

Concessionary Membership

A short distance from Rickmansworth town centre. Off the 404 London Rd, 5 mins from M25, 4 miles from Watford town centre. Situated on the magnificent Moor Park Estate and offers a charming oasis of calmness and tranquillity. Facilities include an 18-hole public Golf Course, 9-hole Par 3 course, 9-hole Footgolf, Golf Academy and practice area. We also have the fantastic Fairway Inn available to hire for all your function needs.

Tel: 01923 775 278 www.everyoneactive.com

Moor Lane, Rickmansworth WD3 1QL



Robert Harris Jewellers

10% discount



At Robert Harris Jewellers, we are proud of our reputation we have gained since 1968. A superb selection of high quality jewellery, watches and giftware at reasonable prices whilst offering an excellent service from our highly experienced and friendly team of staff.

Tel: 01923 779 325

139 High Street, Rickmansworth WD3 1AR

Sir James Altham Pool

Concessionary Prices



A small, friendly community pool with specialised facilities for people with disabilities. Offering a wide range of activities including early morning swimming, lessons for children and adults, ladies only swimming, aqua exercise, family swim sessions, fun for children with giant inflatables disco sessions, birthday parties and sessions for disabled customers. A tremendous team of staff who are here to make sure you have a great visit.

Tel: 020 8421 0211 www.everyoneactive.com

Little Oxhey Lane, Watford WD19 6FW

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ACTIVE

The Centre

Concessionary Prices



A local community centre with facilities including a large gym with state of the art Technogym strength, cardio and resistance equipment, 3 court sports hall, arts and crafts room and music studio. A wide programme of activities for all ages and abilities and a tremendous team of staff.

Tel: 020 8428 4954 www.everyoneactive.com

Gosforth Lane, Watford WD19 7AX

everyone
ACTIVE

The Foot Clinic

Free Foot Cream



The Foot Clinic is a friendly family run business specialising in podiatry. We also offer complimentary therapies including osteopathy, reflexology and Indian head massages.

Tel: 01923 605 551

142 High Street, Rickmansworth WD3 1AB

the foot clinic
PODIATRY - CHIROPODY

The Guilfoyle Academy

20% discount

We encourage our dancers to reach their full potential whilst having fun, making friends and building their confidence both through solo and team work. The school was established and is run by the Principal & Founder of the school Tracey Sweetland (Guilfoyle) O.D.R.G with the assistance of Bernie Curran. We encourage our dancers to reach their full potential whilst having fun, making friends and building their confidence both through solo and team work.

Tel: 07738 975 029

Email: guilfoyledance@yahoo.co.uk



UD Salons

10% discount

Established for over 25 years, UD Salon has perfected the ultimate salon experience for every client. Our highly trained and professional team share a passion for the industry and offer expertise in all areas of hair and beauty. We are a firm believer that looking good on the outside goes hand in hand with feeling good on the inside.

Tel: 01923 225 982

160 Cassiobury Drive, Watford WD17 3AJ



Watford Palace Theatre

Concession Prices

Contributing to the identity of Watford and Hertfordshire; the beautiful 600-seat Edwardian Palace Theatre is a Grade II listed building, busy with live performances and film screenings seven days a week, offering world-class art to the tens of thousands of people visiting the theatre each year.

Box Office: 01923 225 671 Admin: 01923 235 455

20 Clarendon Road, Watford WD17 1JZ



Watford General Hospital Catering

10% discount

Unpaid carers receive 10% off at Watford General Hospital cafes and restaurants - discount available on all food and drink except Costa Coffee. (Offer only available upon presentation of Carers' Passport Discount Card)



Vicarage Road, Watford WD18 0HB

West Hertfordshire Hospitals 
NHS Trust


Watford General Hospital

Concession Parking

£6 per day or £12 per week.

Concessionary parking permit forms are available from staff on the ward. The form will need to be signed by a staff member and then the permit is collected from Main Reception.

Vicarage Road, Watford WD18 0HB

West Hertfordshire Hospitals 
NHS Trust



William Penn Leisure Centre

Concessionary Prices

Includes a fitness studio, the latest in Power Plate® technology, plus 2 dance studios. A 25m pool & teaching pool offering swimming lessons to all ages, and abilities, changing facilities including disabled, family & group changing rooms. A crèche, squash, badminton and an outdoor all weather pitch.

Tel: 01923 771 050 www.everyoneactive.com
Shepherds Lane, Rickmansworth WD3 8JN

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ACTIVE



Watford Leisure Centre

Concessionary Prices

Everyone Active Watford Central based in the centre of Watford is a modern leisure centre offering a wide range of inclusive activities for all.

We strive to be everyone's first choice for activity and have a modern gym, 25 metre - 6 lane main pool, shallow teaching pool, sports hall, climbing wall and a whole range of other activities. The perfect place to unwind & keep fit. Watford Central has undergone a £250,000 renovation.

Telephone: 01923 296 750
Peace Prospect, Watford WD17 3HA

Woodside Leisure Centre

Concessionary Prices

Everyone Active Watford Woodside, based in Garston, offers a 100+ station gym, 25 metre-8 lane main pool, shallow teaching pool, sports hall & a whole range of other activities. We recommend getting active for 30 minutes, 5 times a week and Woodside is a great place to come and work out. Watford Woodside has undergone a £450,000 renovation.

Telephone: 01923 892 710
Horseshoe Lane, Watford WD25 7HH

everyone
ACTIVE



YMCA Watford

10% discount on joining fee
Membership £14.99 a month
(before 4.30pm)



YMCA Watford has three health clubs across the district:

Charter House, Charter Place, Watford	01923 353 607
Woodlands Centre, Off College Road, Abbots Langley	01923 662 222
Highfield Park, Russett Drive, St Albans	01727 731 540

All three Health Clubs have extensive gym facilities and exercise class programmes including Body Pump, Metafit, Yoga, Pilates, Circuits Zumba, Spin (Watford Only) & many more. Racquet sports are also available at St Albans and Watford. Every member is supported through their fitness journey at the clubs by our highly qualified instructors who will take you through a personalised programme and body statistic measurement so that you can set your fitness targets and measure your results.

For more information contact each health club directly or visit:

www.oneymca.org/gym



If you have a suggestion for a
 Hertfordshire business that you'd like
 to see providing an offer or discount to
 carers please get in touch.

Call 01992 58 69 69 or

email contact@carersinherts.org.uk



charity registration number 1085491

Making carers count

Stevenage Offers

360 Play

Free Adult Entry

360 is a great place to go whatever the weather. Active, imaginary and creative indoor and outdoor play in a fantastic, safe environment. With a large play frame, dodgems, and junior play area there is lots of room to run around and play for hours. We also have a creative play zone 360 Street, developed as a full-size world for the whole family to discover is a huge interactive play street where imaginations can run wild.

Tel: 01438 365744

Email: stevenage@360play.co.uk www.360play.co.uk

Unit 6, Six Hills Way, Stevenage Leisure Park SG1 2UA



Aimee's Hair Design

15% discount

Introductory offer of 15% on first visit and 10% off each visit thereafter. Not valid in conjunction with any other offer. Valid Mon - Sat. A freelance mobile hairdresser, I offer all hairdressing services from cutting, styling, colouring, setting and perming. A friendly and fully qualified level 3 stylist with 6 years salon experience. I understand how little free time you have and will visit your home to give you time to relax.

Tel: 07718 075 123 Email: aimee.holgate12@gmail.com

Stevenage, Hitchin, Letchworth and Baldock



Air Space

15% off free jump* (£10.50) and free socks (normally £2.50).

Over 100 interconnected trampolines; a huge spring-loaded urban playground for ages 5 and up. Solo or social – how you jump is up to you. You can improvise your own moves in the main arena, freestyle jump from one trampoline to the next. Join in with team sports as you've never experienced before: dodgeball, basketball and volleyball, all on super-sprung pitches.

*Excluding Saturdays and Bank Holidays

Tel: 01438 748027

StevenagePark@OXYGENFREEJUMPING.CO.UK



Balance Your Being

10% discount

Reiki | Crystal Healing | Guided Meditations |
Angel Card Readings

As a carer myself, I completely understand what it entails and what little we give back to ourselves. Balance Your Being aims to restore all areas of wellbeing whilst allowing you to immerse yourself in complete relaxation. A mobile practitioner covering North and East Herts.

www.balanceyourbeing.co.uk

Email: bec@balanceyourbeing.co.uk

Facebook/Instagram: @balanceyourbeinguk



Bee A Kid Craft

10% Discount

The ultimate children's party; sand art plus additional crafts including bear craft, kites, pompoms, pebble craft, bottles and jars and clay. An independent Kids Bee Happy representative. As a carer myself I understand how difficult life can be and I would like to offer Carers' Passport holders a 10% discount.

Please contact me for further information:

Tel: 07860 353 313

www.facebook.com/BeeAKidcrafts

Based in Stevenage



Cambelt Centre

20% off labour and 10% off parts

Cambelt Centre offers high quality at affordable prices. We're an approved Mobil 1 service centre and members of Motor codes and the RMI. We offer full guarantees on our work and we are also on hand to answer any queries without obligation.

Tel : 01438 729 585

www.thecambeltcentre.co.uk

Unit 12 Stevenage Enterprise Centre,
Orchard Road, Stevenage, SG1 3HH



Christina's mobile hairdressing

10% discount

A freelance mobile hairdresser offering all hair dressing services including cutting, colouring, styling etc. A friendly, professional, fully qualified stylist with many years' experience. I am a state registered hairdresser with The Hairdressing Federation. I fully understand how little free time carers have and as such I am happy to visit homes in the Stevenage and North Herts areas. On production of your Carers' Passport you will receive a 10% discount.

Telephone: 07754 155 552



CinnabarCafé

10% off food and drink

The CinnabarCafe venues are stylish and relaxed coffee houses, cocktail bars, restaurants and nightclubs. Our ethos is to provide fantastic service, great quality produce in a warm and friendly atmosphere where you can while away the hours with great food, fine wine or perfect cocktails. 10% discount is available to unpaid carers on production of their Carers' Passport; this offer excludes evening drinks and parties of 10+.

Tel: 01438 340 202

56-58 High Street, Stevenage SG1 3EF



Corpus et Animus

10% off, every 6th treatment free

I am a mobile therapist offering treatments in your home, including Swedish Massage, Hot Stone Therapy, and Warm Bamboo Massage. If you haven't tried massage before I can arrange a no obligation meeting to talk through the different procedures.

Tel: 07428 590 511

www.corpustherapies.co.uk



Courtland's Riding Stables

10% off everything

We are a family run stables making riding fun for everyone. We offer riding lessons for adults and children and fun riding for all the family.

Tel: 01438 355 121

www.courtlandsridingstables.co.uk

Old Chantry Lane, Todds Green, Stevenage SG1 2JE



Esquires Coffee (Stevenage)

10% off everything

Enjoy fantastic coffee, delicious cakes, tasty Panini's and more. A lovely atmosphere and very friendly staff.

We look forward to seeing you soon. Esquires are delighted to have teamed up with Carers in Hertfordshire to offer you a 10% discount.

Tel: 01438 365 100

www.esquirescoffee.co.uk

Westgate Shopping Centre, Stevenage SG1 1QR



Essential Nutrition

20% discount

Whether you want to achieve a specific goal such as weight loss, or to address a more chronic health issue, Caroline will work with you to help you achieve your goal. Some of the many health issues she supports include weight loss, digestive complaints (such as IBS), female health issues (such as PCOS, fertility and PMS) and skin complaints.

Tel: 07958 004 887 www.essential-nutrition.co.uk

Email: caroline@essential-nutrition.co.uk

Kestrel House, Primett Road, Stevenage SG1 3EE



essential nutrition



Evolve Buddhist Meditation Class

66% discount

Lead by Meditation Coach **Saran** Headman. Come and learn to unwind - techniques to relieve anxiety and boost your mood. Meditation and mindfulness tools to relax and visualise a happy future. Perfect for people on the go; learning to make more quality time for themselves!

Weekend and evening classes available from June.

For further information contact **Saran** on 07759 327561

Based in Stevenage.



Fairlands Valley Park

10% off sailing courses

Come and learn one of Great Britain's most successful Olympic sports. Sailing is a fun and exhilarating sport that can take you places.

www.stevenage-leisure.co.uk

Six Hills Way, Stevenage SG2 0BL



Gordon Craig Theatre

Concession prices & friends' member discount

This theatre boasts a varied programme of live entertainment, from one-night variety-music shows to week-long drama productions. It also has a proud tradition of presenting first rate opera, dance and orchestral concerts.

Tel: 01438 363 200 www.gordon-craig.co.uk

Lytton Way, Stevenage SG1 1LZ



gordon craig
theatre
STEVENAGE

Gordon Craig Theatre - Pi Bistro

10% discount

With rustic-chic style and gallery setting – Pi-Bistro has a refreshing simplicity with a comfortable and relaxed environment. Our ethos is simple; heart-warming food, a relaxed environment and friendly service.

**The Gordon Craig Theatre, Stevenage Arts & Leisure Centre,
Lytton Way, Stevenage SG1 1LZ**

www.gordon-craig.co.uk/pi-bistro

Box Office Tel: 01438 363 200



The Coffee House

10% discount

With a welcoming and relaxed atmosphere the coffee house provides the perfect setting. Offering exquisite coffee blended from ethically sourced coffee beans, a variety of cakes and snacks, breakfasts and light lunches; allowing you to indulge in that little treat you truly deserve at competitive prices. Open 8am-3pm, Monday to Saturday.

**The Gordon Craig Theatre, Stevenage Arts & Leisure Centre,
Lytton Way, Stevenage SG1 1LZ**

www.gordon-craig.co.uk/pi-bistro

Box Office Tel: 01438 363 200



GPC Opticians

10% off everything

Ophthalmic opticians and contact lens centre.

Tel: 01438 364 168.

www.gpcopticians.com

**22 The Forum, Stevenage
SG1 1EH**



GPC opticians



Hampson Park Coffee Shop

10% discount

Inside the Community Centre in the beautiful Hampson Park, with kids play area, skate park, and beautiful trees. Small but welcoming, we serve Barista coffees, teas, hot choc and still drinks, with a range of hot and cold snacks, including gluten free. Free WIFI, an outside area and takeaways on all products. 10% discount for all items not part of a special deal.

Tel: 01438 354 662 www.hampsonparkcc.co.uk

Hampson Park, Webb Rise, Stevenage, SG1 5QU



Hertfordshire Mobility

10% discount

A small, family run business with many years' experience in the mobility industry. Offering a wide variety of new and used mobility vehicles, electric beds, rise & reclining chairs plus many other disability living aids; we offer a full after sales service Happy to visit customers at home to demonstrate vehicles and we have access to the Motability Scheme for customers who wish to purchase their vehicle this way. Generous part exchange/trade in allowance if required.

Tel: 01438 315 423 or 07748 530 210

Stevenage Indoor Market, SG1 1EP

HERTFORDSHIRE MOBILITY

NEW AND PRE-OWNED SCOOTERS & MOBILITY AIDS



Holistic Wish

£5 off treatments, free home visits

Holistic Wish is a holistic mobile therapist based in Hatfield, but covering other areas in Hertfordshire.

Tel: 01707 515 061 or 07855 521 211



Hollywood Bowl Stevenage

50% off bowling, Sun 6pm - Fri 6pm

All-round entertainment with 26 bowling lanes, lane service, bar, cafe, music and games! We have good access, a good understanding of disabilities and are happy to support the carers with their needs.

Not to be used in conjunction with any other offers.

STRICTLY TERM TIME ONLY. EXCLUDES SCHOOL & BANK HOLIDAYS

'Please request CONCESSION RATE for telephone bookings'.

Tel: 0844 826 1468 www.hollywoodbowl.co.uk

Stevenage Leisure Park, Six Hills Way,
Stevenage, SG1 2UA



hollywood bowl

Ibis (Stevenage Centre)

10% off rooms and meals

Ibis Stevenage Centre was refurbished in 2011 providing 'New Generation Rooms', including our eco-friendly rainfall shower rooms, new large beds, flat screen TV's and of course FREE WI-FI throughout. Our Café Green has become the ideal business and social meeting place in the town.

Tel: 01438 779 955 www.ibis.com/Stevenage

Danestrete, Stevenage SG1 1EJ



Jane Williams Holistic Therapist

20% discount

Reflexology, Aromatherapy (personalised oil blends), Auricular Therapy (Hope Ear Candles), Back Massage, Full Body Massage, Indian Head Massage, Hot Stone Massage.

Tel: 07970 063 839

148 Mildmay Road, Stevenage SG1 5SP



Jo Gates Hair Salon

30% discount*

A friendly hair salon in the heart of the Old Town. Whether you come in for a quick trim, a new hair colour or a complete restyle you'll leave the salon looking and feeling amazing. Jo is also a hair loss specialist she works with the team at Cancer Hair Care providing sensitive advice & support and one day a week running the Caring Hair Studio in the salon. * Excludes Saturdays.

Tel: 01438 220772

Email: johannegates@msn.com

Instagram: [#jogatessalon](https://www.instagram.com/jogatessalon)

5a Middle Row, Stevenage SG1 3AN



Just for Women

20% off monthly membership fees

Enjoy exercising in a ladies only environment in North Stevenage's premier fitness club with a 20% discount. A great place to make friends, located on the Pin Green Industrial Estate in Senate Place.

Please call us for your free trial.

Tel: 01438 909 737 www.justforwomenfitness.co.uk



Kenny Arnold

20% discount

Unpaid carers can now access a 20% discount at Kenny Arnold Hairdressing, available on all services with no restrictions. Strictly on production of a Carers' Passport Discount Card.

92A High Street, Stevenage SG1 3DW

kennyarnold.hairdressing@hotmail.co.uk

Twitter: [@kennyarnoldhair](https://twitter.com/kennyarnoldhair)

www.facebook.com/kennyarnoldhair

Instagram: [@kennyarnoldhairdressing](https://www.instagram.com/kennyarnoldhairdressing)

Tel: 01438 354 260



| kennyarnold |

Knebworth Physiotherapy Clinic

10% off assessments, treatments and home visits

Physiotherapy treatments including soft-tissue massage, manipulations, electrotherapy, acupuncture, taping, exercise plans, advice and home visits.

Tel: 01438 812 258 www.kpclinic.co.uk
Kenilworth Close, Stevenage SG2 8TB



Linden Herbal Clinic

15% discount

As a registered medical herbalist I know the many stresses and strains people face as a carer; often they would like the opportunity to try some more natural remedies rather than mainstream alternatives. By using a qualified herbalist they can get access to properly individualised preparations that consider their health holistically and importantly with knowledge of potential drug interactions to be avoided.

I am a member of the National Institute of Medical Herbalists.

For an informal screening chat and to book an appointment, please call: Katherine direct: 07712 670 621 or lindenherbal@gmail.com



Lister Hospital Car Parking

Concession

Concession parking is available if you are visiting longer than 7 days. You can upgrade your day pass to a weekly or monthly ticket. This can only be done via the staff on the ward. Ask the ward staff to arrange.

Coreys Mill Lane, Stevenage SG1 4AB

East and North Hertfordshire NHS Trust



Lister Hospital Pharmacy Shop

10% discount

10% discount is available to unpaid carers on presentation of their Carers' Passport Discount Card. The Pharmacy Shop is located near the lifts in the main building. Along with all the normal products you would expect, they also provide incontinence supplies, medicine compliance aids, grabbers, sipping cups, long reach shoe horns & wash sponges.


Please note this offer does not apply to prescriptions.

East and North Hertfordshire NHS Trust



Lister Hospital Restaurant

10% discount*

East and North Hertfordshire  NHS Trust



Staff discount of 10% applies to carers, on presentation of the Carers' Passport Discount Card within Lister Hospital Restaurant, Level 2 & the Coffee Lounge, Level 3 (situated by lifts). Opening hrs:

Restaurant: 7.30am - 2.30pm (Mon-Fri), 12pm noon - 2pm (Sat/Sun)

Coffee Lounge: 9.30am - 3pm (Mon-Fri only)

**EXCLUDES Costa Coffee products in the Coffee Shop located in the Main Entrance at Lister Hospital. Discount strictly available on food + drink prepared on site only, excludes branded + externally prepared products.*

LloydsPharmacy

10% discount

Hertfordshire's unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire strictly upon production of a valid Carers' Passport Discount Card.



Corey's Mill in Sainsbury's, Hitchin Road, Stevenage SG1 4AE
The Poplars, Sainsbury's Centre, Magpie Crescent, Stevenage SG2 9RZ

*Excludes NHS prescriptions, private prescriptions, current promotion lines and cannot be redeemed against coupons.

Marriotts Sports Centre

Available sports £1 per hour (PPPH)

On the grounds of the Marriotts and Lonsdale School, our sports centre has a great community feel, providing a wide range of sports and leisure activities. We are very proud to be working with Carers in Hertfordshire, and of the opportunities that the partnership will bring to hard working, devoted carers.

Tel: 01438 317 525 www.msactive.co.uk

Telford Avenue, Stevenage SG2 0AN



Max Spielmann Photos (Stevenage)

10% off, plus 2 photos for £2 when applying for a Carers' Passport



Services include: passport photos, digital photo printing, poster size prints, canvas prints, photo gifts, film development, and transfer of video tapes to DVD. We also sell frames, albums, media cards and accessories.

Tel: 01438 741 508

www.maxspielmann.co.uk

13a, Westgate Shopping Centre, Stevenage SG1 1QR



MD Chemist

***10% discount**

We are here to help you with your prescription requirements, advice on healthy living and self-care for minor illnesses. In addition, we stock a wide range of healthcare products and gifts.

*Excluding pharmacy medicines and prescription charges.

4 Filey Close, Symonds Green, Stevenage SG1 2JW

Tel: 01438 725 368



Mr Mulligans

Up to 20% discount



Two indoor crazy golf courses themed to suit all ages and abilities. Visit the ocean and go on an underwater adventure through our UV section or through the jungle to challenge our dinosaurs. Perfect for families, adult nights or parties, we cater for all! A licensed bar and café area serving hot and cold food, not forgetting our 18 different ice cream flavours! Open from morning until night. Book now online or walk in using your unique code CARE10 for 10% discount or CARE20 for 20% discount mid-week in term time!

www.mrmulligan.com

Stevenage Leisure Park, Gunnels Wood Road, Stevenage SG1 2UA

Nova Natural Health Clinic

£10 discount on your first appointment



We are a multidisciplinary clinic offering Acupuncture, Chiropractic, Dry Needling, Homeopathy, Massage and other complementary therapies. Our practitioners have the experience and the skills to stop your pain, get you better fast and to help you stay at your optimal health level. We accept both private patients and patients with private insurance.

Tel: 01438 532 075 www.novanaturalhealth.co.uk

**North Road, next to Lister Hospital,
inside Active Fitness Club, Stevenage SG1 4BB**



Odyssey Health Clubs

Concession Rates Available



With the encouragement of our qualified and friendly staff, you can enjoy a wide range of facilities including 150 station gym, 25m pool, tennis, squash, badminton, studio classes, & Dermalogica Spa, crèche and brasserie.

**Tel: 01438 313 320 www.odysseyhealthclubs.com
Old Knebworth Lane, Knebworth, Stevenage SG2 8DU**



Phone Touch

Up to 10% off

10% discount on all repairing for phones, laptops and unlocking for phones, and 5% discount on phones and laptops.

Tel: 01438 354 654

Email: phone-touch@hotmail.com

25a Town Square, Stevenage, SG1 1BP



Professional Dry Cleaners

10% discount

Based in 3 areas across Hertfordshire. Unpaid carers can access a 10% discount on production of their Carers' Passport Discount Card at point of sale. Discount available for dry cleaning on site only.

Telephone: 01438 745 3082

72 High Street, Stevenage, SG1 3EA



Professional Dry Cleaners

Rose Therapies

30% discount

Massage, Indian Head Massage, Thai Foot Massage, Peer to Peer Massage and Aromatherapy.

Rowenna Clifford MFHT, CIBTAC, ITEC, MISP

Tel: 07557 121278 Email: Rowennaclifford@rocketmail.com

www.rosetherapies.com

www.facebook.com/rosetherapiesherts/

Located near Knebworth, Herts



Rose Therapies



Salon Beautech Ltd

For every five treatments you book, receive a sixth treatment free

A home based holistic and beauty therapy salon for women. An extensive range of affordable treatments, customised to your needs.

Tel: 01438 746 452

www.salonbeautech.co.uk



salon
beautech

Shaain Akhtar Professional Massage Therapist

10% Discount

Your initial visit will commence with a 5-10-minute consultation, (including full medical history), followed by a 12-step screening process to enable me to respond immediately to the highlighted area and apply the appropriate treatment seeking to remedy the pain. Treatments will be tailored to your specific needs and requirements

Tel: 07817 200 732 17 High St, Stevenage SG1 3BG
Shaain Akhtar Professional Massage Therapist



Shades Hair & Beauty

20% discount

Situated at The Hyde in Stevenage, with free parking. Shades has been trading since the 1950's. We are a friendly salon introducing a fantastic range of services and products to all our clients both old and new. The Shades Team aim to cater for all your hair and beauty needs all under one roof... Disabled toilet and wheelchair friendly throughout.

Please call in for more information or to arrange a visit:

Tel: 01438 354 360
33 The Hyde, Shephall, Stevenage SG2 9SB



Shades Hair & Beauty

20% discount

Many parents/carers of an autistic child/adult on the spectrum find visiting the hairdressers a distressing or upsetting experience. Here at Shades we have opened a special Sensory Room with mood lighting and a quieter environment away from the busy salon setting to help make a visit to the hairdressers a less stressful experience.

Please call in for more information or to arrange a visit:

33 The Hyde, Shephall, Stevenage SG2 9SB
Tel: 01438 354 360



Stearns Pharmacy

**10% off everything except
prescriptions**

A simple and easy way to get your regular medication. We run a free repeat prescription collection and delivery service and can provide community dosette packs.

Tel: 01438 365 855
48 High Street, Stevenage SG1 3EF



Stevenage Alternatives

50% Discount*



As an autistic family run business new to Stevenage, we understand the carers role to its fullest having been carers ourselves for over 15 years. We welcome you into our labour of love, hand-built venue to receive blessings of abundance from everything we have to offer. We are delighted to offer Carers' Passport Discount Card holders a 50% discount. **Excludes Stevenage yoga classes, retreats and our retail section.*

Tel: 01438 220 762

Email: enquiries@stevenagealternatives.com

www.stevenagealternatives.com

FB: @stevenagealternativesltd

1 Bandley Rise, Stevenage SG2 9LS

Stevenage Arts and Leisure

20% off room hire



Stevenage Arts and Leisure Centre is a fantastic venue to host your wedding, party or meeting. With capacity of up to 600 people banquet or 900 theatre style we can host almost any event.

Tel: 01438 242 630

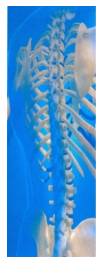
www.stevenage-leisure.co.uk

Lytton Way, Stevenage SG1 1LZ



Stevenage Chiropractic Clinic

10% discount



Here you will find both treatment & general information about the Chiropractors in our Clinics. We will explain what to expect at your first consultation and how a course of chiropractic treatment might help you, we would like you to understand that a Chiropractor is not just there when you are in pain but how to make you feel a lot better.

Tel: 01438 722 255

High Street, Old Town, Stevenage SG1 3BG

Stevenage Golf & Conference Centre

Midweek round of golf £15.00



An 18 hole Championship course, with a 9 hole Par 3, set in beautiful countryside, perfect for beginners and families alike. We also have a friendly bar and clubhouse and well stocked Pro Shop.

Tel: 01438 880 424

www.stevenage-leisure.co.uk

Aston Lane, Aston, Stevenage SG2 7EL



Stevenage Lifestyles

Concession membership and pay as you go

Physical activity in a safe environment with highly qualified instructors. Activities include gym sessions, studio classes and specialist sessions.

Tel: 01438 242 605 www.stevenage-leisure.co.uk
Lytton Way, Stevenage SG1 1LZ



Stevenage Swim/Wellness Centres

Concession membership and pay as you go

Additional improvements have been made to the pool area include Gallery seating and a Family Changing Village. A wide variety of classes and sessions are available to all.

Tel: 01438 218 770 www.stevenage-leisure.co.uk
St. Georges Way, Stevenage SG1 1XY



Tea At The Green

10% discount

Set in the centre of Symonds Green, Tea At The Green offers a unique coffee shop experience. With it's contemporary design and varied menu, you can enjoy a range of speciality hot drinks and delicious food.

Opening hours: Mon-Thurs 9am-2pm, Fri 9.30am-2pm.

Tel: 01438 361859 www.symondsgreenc.co.uk

Symonds Green Community Association
Filey Close, Stevenage SG1 2JW



Symonds Green
Community Association

The Comfort Zone

10% discount*

Reflexology, Aromatherapy Massage, Indian Head, Hopi Candling, Reiki and specialised Dermalogica and CACI non-surgical facial. Hand, feet or leg treatments tailored to your own needs. Dermaplaning, skin micro needling, mesotherapy & skin peels. Flexible working hours.

**Excludes courses & promotions.*

Tel: 07961 805 989 Email: stellahardy@hotmail.com

www.stellahardy.wixsite.com/thecomfortzone

<https://m.facebook.com/stellaatthecomfortzone>

Instagram - #stellaatthecomfortzone



The Fisherman Pub

20% off food bill

Enjoy sitting in our beautiful country garden and relax with a home-cooked meal and a chilled drink. In winter, grab a cosy spot next to one of our log fires and soak up the atmosphere with one of our fabulous wines or ales.

Tel: 01438 725 778

www.fishermanstevenage.co.uk

Fishers Green, Stevenage SG1 2JA



The Fitting Room

10% discount

It is estimated that 80% of women wear the wrong size bra. I have been a trained bra fitter for 12 years and understand trying to find the right bra is daunting. We carry many different styles in as many sizes as possible. We offer a family friendly environment perfect for 1st fittings and have toys for young children so you can shop with ease.

Tel: 01438 880 429 or 07495 296434

Aston End Road, Stevenage SG2 7EX

www.thefittingroomstevenage.co.uk

Find us on Facebook: The Fitting Room - Stevenage



The Lytton Players Theatre

Concession price on any night

Unusually for an amateur group, the Players specialise in both Musical Theatre and Drama Productions, achieving very high standards in both areas. They also boast an extremely strong and active Lytton Youth Theatre, for 8 to 18 year olds.

Tel: 01438 726 847

www.lyttonplayers.co.uk



The Standard Bearer

20% Off Food

wetherspoon

Explore our Club Deals, ranging from Steak Club on Tuesday to our weekly Sunday Brunch. Or pop in and try a pizza, our thin crust bases pressed by us (not premade), are freshly topped. Changes to our children's menu make our offerings even healthier, to help your youngster enjoy their five-a-day. Offer available strictly on production of a Carers' Passport Discount Card.

Tel: 01438 731 450

1 The Plaza, Town Square, Stevenage SG1 1PF

www.jdwetherspoon.com/pubs/all-pubs/england/hertfordshire/the-standard-bearer-stevenage



Totally Scrumptious

10% off everything

A cake is a great way to wow your guests! For engagements, weddings, corporate events, christenings, holy communions or birthdays, we will help you create a cake designed totally bespoke to you, that looks stunning and tastes delicious!

Tel: 07973 442 262

www.facebook.com/TotallyScrumptious



Walkwel Clinic

£2 discount

Established since 1990 with surgeries in Letchworth and Stevenage. We offer professional advice and provide specialist treatment for a wide range of common foot problems. We also stock a wide range of specialist footwear products. On production of a Carers' Passport, unpaid carers will receive a £2 discount off any full treatment + £2 off on-sale shoes.

Tel: 01438 218 222 www.walkwel.co.uk

9 Westgate Centre, Stevenage SG1 1QR



Wasp Couture

10% discount

Learn to sew and improve your skills with Lucy. The ability to create something unique will help to build your confidence. Let me show you how to make clothing which fits fabulously, revamp your wardrobe and even treat your pet to something. I run a variety of courses, workshops and sewing groups. If there is anything you'd like to make, just contact me.

Tel: 0772 999 4798 www.wasp-couture.co.uk

Email: wasp-couture@mail.com Facebook.com/waspcouture

Suite 21, 15 Town Square, Stevenage SG1 1BP



Wheels Motor Factors

20-30% off, depending on parts

Wheels Motor Factors – the leading online car parts and spare car parts dealer in Hertfordshire. Our philosophy has always been to source the highest quality spare car parts from leading manufacturers. We are going from strength to strength in the spare car parts industry.

Tel: 01438 367 514

www.wheelsmotorfactors.com

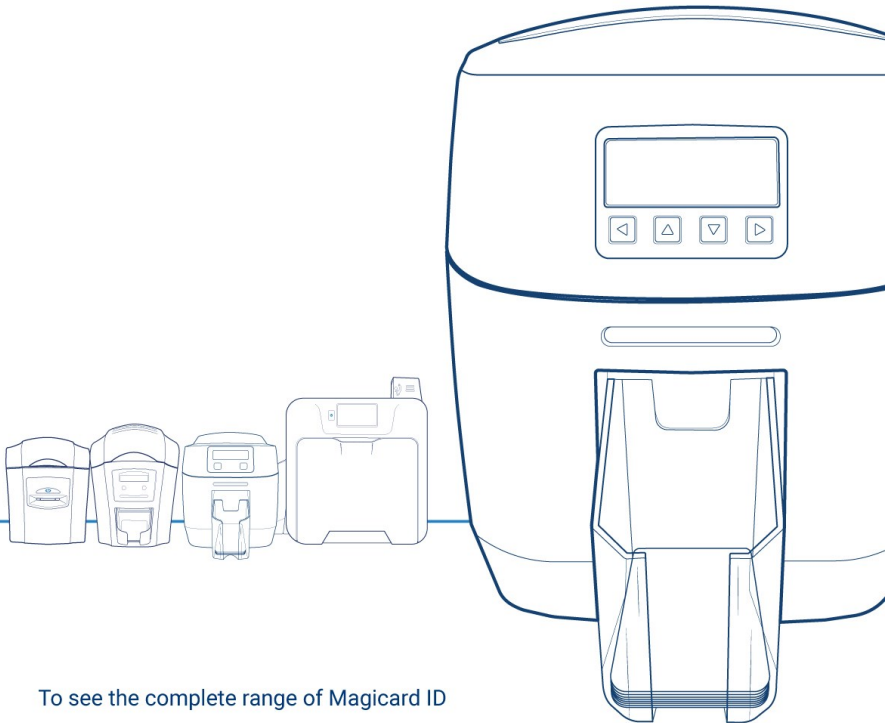
29 The Hyde, Stevenage, SG2 9SD



Special Thanks Goes To:



A complete range of
ID card printers,
with security built-in.



To see the complete range of Magicard ID
card printers visit **magicard.com**

*Volunteer and help us
in making carers count*



Can you spare 2 hours a week or even 2 hours a month? If you can, you could help us improve the lives of carers providing unpaid care to someone who is ill, elderly, or has a learning or physical disability.

1 in 8 people are carers!

Volunteering can ...

Improve your confidence and health.

Let you share your skills and learn new ones.

Enable you to meet new friends.

We have opportunities throughout Hertfordshire. To learn more or become a Volunteer please call 01992 58 69 69 or email volunteer@carersinherts.org.uk or visit <https://www.carersinherts.org.uk/help-us-help-carers/volunteer/volunteer-vacancies>

Join us in

Making Carers Count

Thanks To Our Caring Businesses

As a charity we want to thank all of the businesses who have recognised unpaid carers and decided to reward them with these discounts and offers. We are also grateful that they have raised the profile of carers in their communities, which means more isolated, lonely carers can now access all of our free services.

We need your help to support more unpaid carers

You can get involved and help us by:

- Recruiting your local businesses to join the Carers' Passport Discount Card Service; ask them to get in touch.
- Run a fundraising event in aid of our work.
- Donating a few hours of your time as a volunteer.

The positive impact you could make:

- Help carers save money.
- Raise the profile of unpaid carers.
- Help us to support and identify more unpaid carers.

Find out how to help.

Call us on 01992 58 69 69

Email: contact@carersinherts.org.uk

Or visit www.carersinherts.org.uk



charity registration number 1085491

Carers in Hertfordshire is a countywide carer-led charity dedicated to supporting unpaid family and friend carers. We aim to ensure all carers within Hertfordshire are recognised and valued, informed and supported in their caring role. We empower carers to have a life outside caring and have a collective voice in the county.

The charity is led by trustees and staff, many of whom are carers themselves.

Carers in Hertfordshire, The Red House,
119 Fore Street, Hertford, Hertfordshire SG14 1AX

Tel: 01992 58 69 69

Crossroads Care Service Tel: 020 8905 1158

www.carersinherts.org.uk

contact@carersinherts.org.uk



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