

**Brighton & Hove  
City Council**

**Offers and discounts  
on leisure, health and  
wellbeing in the city**

# **Carers' Card**

For people who care for someone else

**What it is  
and how to  
use it ...**



**Brighton & Hove  
City Council**

# Contents

**Your Carers' Card** – page 3

**Leisure** – pages 5-6

**Eating Out** – pages 7-8

**Performance** – pages 9-12

**Wellbeing** – pages 13-15

**Health & Fitness** – pages 16-18

**Legal Services** – page 19

**Young Carers' Offers** – pages 20-23

**General wellbeing for carers in Brighton & Hove** – pages 24-27

The Carers' Card is administered by The Carers Centre, on behalf of Brighton & Hove City Council.

**Please note:** While Brighton & Hove City Council wants to ensure a wide range of benefits for Carers' Card holders, this does not mean that we are recommending or endorsing any of the services, groups or organisations featured, which may be withdrawn or removed at any time. We assume that you will make your own decisions about whether Carers' Card offers are appropriate for you.

If you experience any difficulties in using your Carers' Card at local venues, or you know a local business that would be willing to offer a Carers' Card discount contact Ann Blackburn at Amaze on 01273 234020 or email [ann@amazebrighton.org.uk](mailto:ann@amazebrighton.org.uk)

# Your Carers' Card

## Terms and Conditions

1. **Carers of Adults:** your Carers' Card is valid for one year from the date of your carer's assessment. You will need to have a review of your caring role before another Carers' Card can be issued. The Carers Centre can remind you when your card is due to expire if you provide them with your mobile number.
2. **Parent Carers:** your Carers' Card is valid for two years from the date of registration. Your child will need an up-to-date Compass Card or you will need to have a carer's assessment before another Carers' Card can be issued. The Carers Centre can remind you when your card is due to expire if you provide them with your mobile number.
3. The Carers' Card can only be used by the named Carers' Card holder and cannot be transferred to another user.
4. If you lose your card, send a cheque for £5.00 made payable to **The Carers Centre** (18 Bedford Place, Brighton, BN1 2PT) along with your name, address and telephone number. The Carers Centre will send you a replacement card.
5. Let the Carers Centre know if you change your address or telephone number so that they can remind you when your card needs renewing and keep you up-to-date with Carers' Card offers.



6. Please bear in mind that some Carers' Card offers are last-minute. The Carers Centre operate a text message service to keep you updated on the latest Carers' Card offers – so if you have a mobile, make sure the Carers Centre has your current number so you don't miss out
7. Carers' Card holders need to follow the rules at Carers' Card venues and stick to the terms and conditions of the card. Brighton & Hove City Council and The Carers Centre reserve the right to withdraw the Carers' Card at any time, in the event of any breach of the conditions.

**Disclaimer:** In using your Carers' Card, you accept that Brighton and Hove City Council shall not be responsible for any loss, cost, damage or injury (fatal or otherwise) whatsoever arising out of or in connection with the services, offers or organisations featured in connection with the Carers' Card save to the extent that any injury to person is caused by the Council's negligence.

## General Carers' Card offers

### Leisure

#### Brighton Bowlplex

##### Where?

Bowlplex, Marina Way, Brighton Marina, Brighton BN2 5UT

Tel. 01273 818180 [www.bowlplex.co.uk](http://www.bowlplex.co.uk)

##### What?

Ten-pin bowling at an award-winning centre with 26 computerised bowling lanes.

The Carers' Card holder and one guest pay £2 each Monday-Friday from 10am-6pm – except during bank holidays and school holidays. Standard rates apply at other times, but under fours go free.

There is free parking for all Brighton Bowlplex users in the multi-storey car park opposite the centre.

##### How?

Show your Carers' Card when you pay. Remember to let staff know if you need a lane with disabled access.

To book in advance, call 01273 818180 (£2.00 booking fee applies) and say you qualify for the Carers' Card discount – don't forget to take it with you and show it when you arrive.

## Duke of York's Cinema

### Where?

Preston Circus, Brighton BN1 4NA

Tel. 08719 025728 (bookings) 01273 818549 (enquiries)

[www.picturehouses.co.uk](http://www.picturehouses.co.uk)

### What?

The Duke of York's is the oldest working cinema in the country and shows a range of contemporary, cult and classic films, as well as running a programme of live performance, live screenings and other events.

All Carers' Card holders get the concessionary rate at The Duke of York's.

### How?

Show the Carers' Card at the cinema box office.

You can book tickets in advance by calling the cinema's booking line on 08719 025728 (you will need to mention the Carers' Card) – or by visiting [www.picturehouses.co.uk](http://www.picturehouses.co.uk) Or you can pay on the day.

PLEASE NOTE: Anyone who receives Disability Living Allowance (DLA) or Attendance Allowance, or who is registered blind, can apply for a CEA (Cinema Exhibitors' Association) card.

The card provides free carers' tickets at cinemas across the UK.

Visit [www.ceacard.co.uk/](http://www.ceacard.co.uk/) for an application form or more information.

## Eating out

### The Gallery Restaurant at City College

#### Where?

City College Brighton and Hove, Pelham Street, Brighton, BN1 4FA (entrance on Whitecross Street).

#### What?

Food prepared in a contemporary restaurant by the chefs of tomorrow. Open during term-time, City College students are supervised by culinary professionals to produce superb cuisine. They serve bistro-style lunches Tuesdays to Fridays from midday and dinners Tuesday to Thursday evenings from 7pm.

Two course lunches usually cost £8.50, three course lunches £10.50 and three courses dinners £20.50 – but Carers' Card holders get a two for one deal for groups of up to 10.

To book a table, call 01273 667711 (9am to 4pm).

#### How?

Show the Carers' Card as soon as you arrive at the restaurant.

## Komedia Café

### Where?

44-47 Gardner St, Brighton BN1 1UN  
Tel. 01273 647101 [www.komedia.co.uk](http://www.komedia.co.uk)

### What?

A 10% discount off all your purchases in Komedia Café when you show your Carers' Card.

### How?

Just show the card when you pay.



## Performance

### Brighton Dome and Festival

#### Where?

Brighton Dome and Festival, Church Street, Brighton BN1 1UE  
Ticket Office, 29 New Road, Brighton BN1 1UG  
Tel. 01273 709709 (Ticket Office, booking fee payable)  
[www.brightondome.org](http://www.brightondome.org)  
For details on accessibility, visit [www.brightondome.org/Access.aspx](http://www.brightondome.org/Access.aspx)  
or call Visitor Services Department on 01273 261516 or 261525

#### What?

Special offers on selected shows (often at short notice) at the most stylish entertainment venue in the south – Brighton Dome: Concert Hall, Corn Exchange and Pavilion Theatre. Shows include music, theatre, dance, comedy, family-friendly and performance.

You can get a free carer's ticket at Brighton Dome, if you are taking the person you are caring for and they need your support – whether there is a special offer or not. These tickets are available over the phone on 01273 709709, or in person at the Ticket Office.

#### How?

Often, we won't know what offers are available until the last minute. We will need your mobile phone number if you have one, so we can tell you about offers as they come in – call The Carers Centre on 01273 746222, or email at [info@thecarerscentre.org](mailto:info@thecarerscentre.org) and give your full name, postal address and mobile details.

Once we have given you information about an offer, you will be able to book your tickets in person at the Ticket Office (open Monday-Saturday 10am-6pm), or over the phone. If you pay cash at the

Ticket Office, you avoid a booking fee. If you pay over the phone, there is a £2.25 charge. Please note, you will need to show your Carers' Card when you pick up your tickets.

## Komedia Brighton

### Where?

Komedia Brighton, 44-47 Gardner St, Brighton BN1 1UN  
Tel. 0845 293 8480 (box office – booking fee payable)  
[www.komedia.co.uk](http://www.komedia.co.uk)

### What?

Special offers on selected shows (often at short notice) at what is described as 'the most exciting live entertainment venue in the south'. Shows include comedy, music and cabaret.

You can get a free carer's ticket at Komedia, if the person you are caring for is with you and they need your support – whether there is a special offer or not. These tickets are available over the phone on the number above, or in person at the box office.

Carers' Card holders also benefit from a 10% discount at Komedia Café (see page 8).

### How?

Often, we won't know what offers are available until the last minute. We will need your mobile phone number if you have one, so we can tell you about offers as they come in – call The Carers Centre on 01273 746222, or email at [info@thecarerscentre.org](mailto:info@thecarerscentre.org) and give your full name, postal address and mobile details.

Once we have given you information about an offer, you will be able to book your tickets in person at the theatre box office (open Fridays and Saturdays 12 noon - 8pm) or over the phone on the number above (Tuesday - Saturday 12 noon - 6pm). If you pay cash at the

box office, you won't pay a booking fee. Otherwise, there is a 50 pence booking fee on each ticket. If you pay by card over the phone, there is usually a £1.50 booking fee per ticket, but Carers' Card holders pay a reduced rate of 50 pence per ticket.

Please note, you will need to show your Carers' Card when you pick up your tickets.

## Theatre Royal Brighton

### Where?

Theatre Royal Brighton, New Road, Brighton BN1 1SD  
Tel. 08448 717650 (box office, booking fee payable)  
[www.ambassadortickets.com/brighton](http://www.ambassadortickets.com/brighton)

### What?

Special offers (often at short notice) on selected family shows at one of the oldest working theatres in the UK. The theatre hosts West End and touring productions from across the country, as well as its own Christmas show.

If the person you are caring for is with you and they need your support, you can usually get a £5 discount (a 'disability concession') on each ticket at Theatre Royal Brighton. These tickets are available over the phone on the number above, or in person at the box office. But you cannot claim the disability concession as well as a Carers' Card offer.

### How?

Often, we won't know what offers are available until the last minute. We will need your mobile phone number if you have one, so we can tell you about offers as they come in – call The Carers Centre on 01273 746222, or email at [info@thecarerscentre.org](mailto:info@thecarerscentre.org) and give your full name, postal address and mobile details.



Once we have given you information about an offer, you will be able to book your tickets in person at the theatre box office, or (if you don't mind paying an additional £1.50 per ticket and an overall booking fee of £2.85) over the phone on 08448 717 650.

It may be possible to book online for some offers, but booking fees are higher. You don't need to show your Carers' Card when you pick up your tickets.



## Wellbeing

### Active Lightworks

#### Where?

Palmeira Practice, 62 Palmeira Avenue, Hove BN3 3GF

#### What?

Active LightWorks is a local charity that provides low cost holistic wellbeing to people with medical conditions and their carers, where complementary therapy would benefit their health or circumstances. Fully qualified therapists will provide treatments on a regular or rotational basis to card holders over 16 at a clinic close to Hove Cricket Ground – including Reiki, Massage, Reflexology, Cranio-sacral Therapy, Shiatsu and Nutritional Therapy, menu planning and advice.

#### How?

Treatment bookings: Venetia Campbell 01273 306525 (mention the Carers' Card)

General enquiries: Sabine Dahn 01273 556795

Don't forget to take your Carers' Card with you to qualify for the special rate of £8 per treatment.

## Brighton Alexander Technique College (Carers' Workshops)

### Where?

Conference Room, Community Base,  
113 Queen's Road, Brighton BN1 3XG

### What?

Alexander Technique Introductory Workshops for Carers run by experts from the city's foremost training organisation, Brighton Alexander Technique College. The two hour workshops cost £5 and provide an introduction to a specialised mind and body technique that aims to get to the root of stress, back and neck problems and show you how to prevent them happening in the first place. Discounts are also available on one-to-one lessons.

### How?

Look out for news on the dates for Alexander Technique Introductory Workshops for Carers, call 01273 562595 or email [carolyn.nicholls@btinternet.com](mailto:carolyn.nicholls@btinternet.com)

Remember to take your Carers' Card with you to qualify for the special workshop price of £5.



## City College Hair and Beauty Salon

### Where?

10th Floor, Pelham Tower, Brighton BN1 4FA  
(main entrance on Pelham Street)

Tel. 01273 667790 (beauty – including complementary therapies)

01273 667736 (hair) [www.ccb.ac.uk](http://www.ccb.ac.uk)

### What?

One of Brighton & Hove's main educational establishments, City College runs courses in hairdressing, beauty treatments and complementary therapies. Carers' Card holders over the age of 16 can take advantage of free pamper days at the college (dates to be announced), or book a treatment and get a discount of 20% off standard prices. The college students who provide the treatments are under the supervision of fully qualified professionals. If you are booking hairdressing, you can choose between level 1 or 2 students, and level 3 students who are fully qualified and working in salons. Run as a professional salon, treatments at City College Hair and Beauty Salon include: facials, manicures, waxing, eyelash tinting, massage, reflexology, hair cuts, highlights and perms. A really affordable way to give yourself a treat!

### How?

Look out for news on the dates of free Carers' Pamper Days, or call one of the numbers above. Alternatively, book a treatment over the phone and mention the Carers' Card. Remember to bring the card with you when you attend to benefit from the 20% discount.



## Health & fitness

### Esporta – Brighton Health and Raquets Club

#### Where?

Esporta – Brighton Health and Raquets Club,  
Village Way, Falmer, Brighton BN1 9SG

Tel. 01273 667888 [www.esporta.com](http://www.esporta.com)

#### What?

Carers' Card holders over the age of 18 get a free two week membership at Esporta every 12 months and a discounted joining fee on full membership if they decide to sign up after the 14 day trial. Centre facilities include gym, tennis courts, swimming pool, sauna and spa. No induction is needed; you just need to fill in a health questionnaire before the free membership starts.

#### How?

You will need to book an appointment with Esporta so you can fill in a health questionnaire before your two week membership commences. Once the paperwork is complete, you will be issued with a temporary membership card and you can use the centre as and when you want for 14 consecutive days.

### The Deans Leisure Centre

#### Where?

The Deans Leisure Centre,  
Falmer Road, Brighton BN2 7FR

Tel. 01273 391683 [www.deansleisurecentre.co.uk](http://www.deansleisurecentre.co.uk)

#### What?

Carers' Card holders over the age of 16 get discounted membership on gym use at The Deans (£16 per calendar month, instead of £36). First though you will need to pay £10 for an induction. During the induction, gym staff show you how to use the equipment and let you try it out.

#### How?

You book and pay for the induction in advance – either in person or over the phone. Just make it clear the booking is for a Carers' Card holder. There is also a form to fill out before the induction that covers things like health and safety and you will need to sign it.

Once you have done your induction, just show your card at the desk when you visit.

### The Dolphin / The Triangle

#### Where?

The Dolphin,  
Pasture Hill Rd, Haywards Heath RH16 1LY

Tel. reception 01444 457 337 Health Club 01444 447804  
[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

The Triangle,  
Triangle Way, Burgess Hill RH15 8WA

Tel. reception 01444 876000 Health Club 01444 876001  
[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

#### What?

Carers' Card holders get a 'membership' discount (usually around 20% off standard prices) at The Triangle and The Dolphin.

Facilities include swimming pools, gym, classes, sports halls and other modern facilities. Card holders also get the concessionary rate on membership (currently £30.50, compared to the standard rate of £51).

Card holders can use their cards once a day. Remember that under eights must be accompanied in the water at all times by a responsible adult.

### How?

Show the Carers' Card when you pay.

## ZT Fitness

### Where?

ZT Fitness, Unit 7, Hove Business Centre,  
Fonthill Road, Hove BN3 6HA (behind Hove Station)

Tel. 01273 202226 [www.ztfitness.com](http://www.ztfitness.com)

### What?

Carers' Card holders get 'ZT Special Gym Membership' normally reserved for businesses, pensioners and students. The Special Gym Membership is £30 a month (£5 off the usual monthly rate). Fully equipped gym with hydraulic machines, cardio equipment, free weights, Olympic lifting area, ZT Rush teen-only gym for young people from 12 years and mums and babies sessions.

### How?

Show the Carers' Card when you sign up.

## Legal services

### Where?

#### Martin Searle Solicitors

9 Marlborough Place, Brighton BN1 1UB

Tel. 01273 609911 [www.ms-solicitors.co.uk](http://www.ms-solicitors.co.uk)

#### Renaissance Legal

Tower Point, 44 North Road, Brighton BN1 1YR

Tel. 0845 505 60 50 [www.renaissancelegal.co.uk](http://www.renaissancelegal.co.uk)

### What?

A 10% discount on specialist advice to Carers' Card holders from two local legal practices. Martin Searle Solicitors offers advice in employment, community care and housing law. Renaissance Legal can offer advice on wills, trusts, powers of attorney, court of protection applications and inheritance tax planning.

### How?

If you decide you want to use one of the companies above and to take advantage of the 10% discount, you can call to discuss costs before your initial meeting and mention the Carers' Card. You will need to take the card along with you for the initial meeting to activate the discount.

## Young Carers

Young carers with a Carers' Card can take advantage of all the offers on the Carers' Card as long as they meet any age restrictions – but the following offers are exclusively for young carers between the ages of 8 and 25 (age restrictions apply to soft play and Sussexsport offers).

### Farms

#### Where?

#### Spring Barn Farm Park

Kingston Road, Lewes, East Sussex BN7 3ND

Tel. 01273 488 450 [www.springbarnfarm.com](http://www.springbarnfarm.com)

#### Washbrooks Family Farm

Brighton Road, Hurstpierpoint, West Sussex BN6 9EF

Tel. 01273 831201 [www.washbrooks.co.uk](http://www.washbrooks.co.uk)



#### What?

#### Spring Barn Farm Park

Loads to do at this great family destination – including seasonal events, indoor and outdoor play areas, giant jumping pillow, pedal go-karts, the maize maze from late July and lambs, pigs, chickens, rabbits, goats, donkeys and ponies. The Farmhouse Kitchen serves up a range of hot and cold dishes and there are picnic areas if you want to bring your own food.

Carers' Card holders pay the standard entry price at Spring Barn, but an accompanying adult goes free.

#### Washbrooks Family Farm

Friendly family farm on the Sussex Downs in the village of Hurstpierpoint. Lots of farm animals including sheep, wallabys, pigs, ducks, goats and a big shire horse. Also an indoor play area

for wet days, a two acre outdoor adventure play area, party room, tea rooms serving home cooked hot and cold food and a shop. Carers' Card holders pay the standard entry price at Washbrooks, but an accompanying adult goes free.

#### How?

Show the Carers' Card at the pay desk.

### Soft play

#### Where?

#### Funplex Ltd

Hyde Business Park, Auckland Drive, Bevendean, Brighton BN2 4JE

Tel. 01273 690888 [www.funplex.co.uk](http://www.funplex.co.uk)

#### Monkey Bizness

Unit 27, Cliffe Industrial Estate, Lewes BN8 6JL

Tel. 08458 739 645 [www.monkey-bizness.co.uk](http://www.monkey-bizness.co.uk)

#### Westows World of Play

School Road, Hove BN3 5HX

Tel. 01273 711944 [www.westows.com](http://www.westows.com)

#### ZT Kids Fit Skool

Unit 7, Hove Business Centre, Fonthill Road, Hove BN3 6HA (behind Hove Station)

Tel. 01273 202226 [www.ztkidsfitskool.com](http://www.ztkidsfitskool.com)

#### What?

**Funplex** – a play centre with areas for under 5s and 5-11s. Carers' Card holders get £1 off, adults go free – so with discount, entry costs £4.25/£3.50 (peak/off peak).

**Monkey Bizness** – modern, open plan centre with areas for 0-2s, 2-5s and 5-12s, plus Sky TV, free wifi and magazines for the grown-ups and a healthy restaurant for the whole family. There is also a unique educational play area for toddlers, the Comfyland Experience. Comfyland, a dynamic physical and mental adventure, has a maze-like structure with three themed corners covering senses, music and cognitive exploration. Carers' Card holders go half price, so entry is £3. An accompanying adult also benefits from the half price deal and pays 50 pence.

**Westow's** – play centre with play area for under threes, play area for children up to 4ft 10ins, astroturf pitches and bouncy castles. £1.50 off for Carers' Card holders (so entry is £2.75). Accompanying adult goes free. The £1.50 discount also applies to party bookings (so with discount, card-holding party goes pay £7.25) and to the special needs session Fridays 6.15pm to 8.15pm (£4.25 with discount, including kid's meal).

**ZT Kids Fit Skool** – compact soft play facility for 0 to 12 year olds, with a fitness slant and workers who play with the kids. Facilities include an area for under 2s, dressing up room and wii room for older children. Adults go free and there is a café with healthy food if you fancy a bite to eat. Carers' Card holders go half price (currently £2.47)

#### How?

Show the Carers' Card when you pay.

## Sea Life Brighton

#### Where?

Sea Life Brighton, Marine Parade, Brighton BN2 1TB

Tel. 0871 423 2110 [www.visitsealife.com](http://www.visitsealife.com)

#### What?

Meet the Superheroes of the marine world – the creatures that

would steal the honours in any sub-marine book of records! From the Giant Pacific Octopus to the incredible Coconut Crab with claws like giant bolt-cutters, plus many others with talents to amaze and astonish you!

Carers' Card holders up to the age of 25 get a 20% discount off 'walk up' entrance prices at Sea Life Brighton. You cannot combine the 20% discount with any other offers. If you are planning your visit in advance, check the web site for online ticket discounts and look out for special promotions too. For information on group discounts, call 08712 226934.

#### How?

Show your Carers' Card when you pay.

## Sussexsport

#### Where?

Sussexsport, University of Sussex, Falmer, Brighton BN1 9RB

Tel. Luke Terrill 01273 877687

email [l.o.terrill@sussex.ac.uk](mailto:l.o.terrill@sussex.ac.uk) [www.sussex.ac.uk/sport](http://www.sussex.ac.uk/sport)

#### What?

10% discount on Sussexsport's half term, Christmas, Easter and Summer holiday activity programmes for children and young people up to the age of 16. Sports include circus, golf, dance, basketball, multisports, squash, tennis, badminton, netball, cricket and trampolining.

#### How?

Ask for an application form and return it with your payment. The discount is triggered when you indicate you are a young carer on the application form. To find out more about Sussexsport's holiday programme, visit [www.sussex.ac.uk/sport/1-7.html](http://www.sussex.ac.uk/sport/1-7.html)

# General wellbeing in Brighton & Hove

The following are not Carers' Card offers, but most of them are free and they can help you make the best of life in the city.

**Active for Life** [www.activeforlife.org.uk](http://www.activeforlife.org.uk)

## Part of the Brighton & Hove Sports Development Team

The Active for Life Project supports people living within targeted communities in Brighton & Hove to live active lifestyles. The project caters for all ages, and provides advice and guidance to people looking to take part in local sport and physical activity.

Visit [www.activeforlife.org.uk](http://www.activeforlife.org.uk) for general advice on getting more active and improving your health and wellbeing and to use the online directory of all sport and physical activity clubs and groups in the city.

For information, or for a free printed copy of the directory call 01273 292724 or email [activeforlife@brighton-hove.gov.uk](mailto:activeforlife@brighton-hove.gov.uk)

## Adult Education

Even if you left school without any qualifications, it is never too late to learn or develop new skills. Thousands of people return to college or training every year to get qualifications, become better skilled and to increase their chances of getting a more rewarding job. There is financial help available for people wanting to do this, such as help with course fees, childcare, transport or living costs. The type of help you can get will depend on your personal circumstances.

For more information visit [www.direct.gov.uk](http://www.direct.gov.uk) or call the Learner Support Helpline on 0800 121 8989.

Other useful websites: [www.learndirect-advice.co.uk](http://www.learndirect-advice.co.uk)  
[www.nextstep.org.uk](http://www.nextstep.org.uk)

## Carers' Relaxation Class

Brighton Buddhist Centre runs a drop-in relaxation class on alternate Thursdays from 14.00-15.30 for anyone regularly caring for a friend or family member.

For more information visit [www.brightonbuddhistcentre.co.uk](http://www.brightonbuddhistcentre.co.uk) or call 01273 772090. Funded by Brighton & Hove City Council.

## The Carers Centre 'Positive Caring' Course

This course is for adult carers caring for another adult and looks at relaxation techniques, stress management and ways to communicate assertively so that carers can learn practical ways to better manage their caring role.

For information, or to book a place on the course, contact The Carers Centre on 01273 746222 or email [info@thecarerscentre.org](mailto:info@thecarerscentre.org)

## Cinema Exhibitors Association (CEA) Card

Anyone who receives Disability Living Allowance or Attendance Allowance, or who is registered blind can apply for a CEA card. This card entitles the holder to one free ticket for a person accompanying them to the cinema.

For more information, or to download an application form visit [www.ceacard.co.uk](http://www.ceacard.co.uk)

## City Libraries

It is free to become a member of Brighton & Hove libraries and open to everyone. There are 16 libraries in Brighton & Hove including a mobile library. The libraries offer books suitable for all ages, films on DVD and music on CD, large print and audio books, free access to computers, free information and reference service, a wide range of events and activities and lots more.

For more information visit [www.citylibraries.info](http://www.citylibraries.info) or phone 01273 290800.



## Compass Card

The Compass Card is a free leisure incentive card for children aged 0-19 who are on 'The Compass', the city's disability register. Designed to increase leisure opportunities for children with disabilities, special educational needs or complex health needs, the card is managed by the Brighton-based charity, Amaze, on behalf of Brighton & Hove City Council. There are currently over 30 offers on the card, including free family swimming; free gym membership for young people aged 16-19; and free CDs, DVDs and audio books at the city's libraries.

For information on the Compass Card, or on the range of services for parents of children with special needs provided by Amaze, call the Amaze helpline on 01273 772289 or visit [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk)

## Expert Patient Programme 'Looking After Me' Course

A free six-week self-management course for adult carers who have a long-term physical or mental health condition or whose health is affected by being a carer (eg. back injury or stress related illnesses).

The course is about making time to look after your own health needs and aims to help you take more control of your situation and make a difference to your life. For more information, or to book a place, phone Natasha Faulder on 01273 296590 or email [epp@bhcpct.nhs.uk](mailto:epp@bhcpct.nhs.uk)

## Healthwalks

Healthwalks are a great way to be more active, get out in the fresh air and make new friends. They are ideal for those who want to start exercising in a gentle and safe way, as well as those who want to walk regularly, but don't have the time to attend longer walks. There are 16 regular walks across the city, some specifically for carers, and lengths range from under a mile (average walking time: 20-30 minutes) to three-four miles (average walking time one and a half to two hours). They are all free, led by trained Volunteer Walk Leaders and are also accessible by public transport. For more information visit [www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks) or call 01273 292564.

## Jobcentre Plus

### Work Focused Support for Carers

Work Focused Support for Carers is a voluntary scheme designed to help people who wish to combine paid work with their caring role.

Jobcentre Plus Personal Advisers can provide information and advice on benefits, help preparing for work, help to find suitable training and support in looking for and applying for jobs. Jobcentre Plus may be able to provide replacement care costs to enable you to attend interviews or training which they have organised.

For more information call 0845 604 3719 or make an appointment at your local Jobcentre Plus.

### Jobcentre Plus Brighton

Windsor House, 30/35 Edward Street, Brighton, BN2 0LN

### Jobcentre Plus Hove

Boundary House, 87a Boundary Road, Hove, BN3 7GA

## TAKEPART – Brighton and Hove's Festival of Sport

The TAKEPART Brighton & Hove Festival of Sport is a two week festival full of sports and activities for adults and children of all ages with over 100 taster sessions throughout the two weeks. Check the website for the festival dates.

TAKEPART is for life, not just 2 weeks – although the focus of the event is over two weeks in the summer, the ethos is to encourage people to become more active more often.

For more information visit [www.takepartbrightonandhove.com](http://www.takepartbrightonandhove.com)

Translation? Tick this box and take to any council office.

ترجمة؟ ضع علامة في المربع وخذها إلى مكتب البلدية. Arabic

অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali

需要翻譯? 請在這方格內加劃，並送回任何市議會的辦事處。Cantonese

ترجمة؟ لطفاً این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi

Traduction? Veuillez cocher la case et apporter au council. French

需要翻譯? 請在這方格內划勾，并送回任何市议会的办事处。Mandarin

Tłumaczenie? Zaznacz to okienko i zwróć do któregokolwiek biura samorządu lokalnego (council office). Polish

Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese

Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz Turkish

other (please state)

**This can also be made available in large print, Braille, or on CD or audio tape**



Published by:

**Carers Team**, Adult Social Care, Brighton & Hove City Council  
carersteam@brighton-hove.gov.uk