

Carers' Passport Discount Card



Carers
in Hertfordshire

charity registration number 1085491

Since our last Latest Offers Updates Sheet (March 2017), we have been busy securing more offers for Carers' Passport holders. You can see the new and updated offers and discounts below. Thank you to all the businesses for their support with the Carers' Passport.

Making carers count

Countywide

LloydsPharmacy

Unpaid carers are now entitled to 10% off a selection of products in all LloydsPharmacy stores in Hertfordshire.

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

Tel: 0345 600 3565

www.lloydspharmacy.com



LloydsPharmacy



Coopers of Stortford

The team behind Coopers of Stortford's home and garden catalogue and website is busy all year round seeking out the latest innovations for your home and garden. We are offering unpaid carers with a Carers' Passport free post & packaging worth £4.99 - subject to a minimum £15 spend online from our website. Terms & conditions apply.

Coopers
OF STORTFORD

www.coopersofstortford.co.uk

St Albans & Hertsmere

Café Rouge St Albans

Unpaid carers can now access a 25% discount off food and drink.

*This offer is strictly on production of your Carers' Passport Discount Card and not available 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



MindPower 'Unlock your mind - Release its power'

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 proven to work. To find out more or make a free initial consultation contact:



Sallie Mitchell Floyed Tel: 07590 557 122

www.mindpower.today

The Odyssey Cinema

Showing a wide selection of titles each month including new releases, foreign language films, cult rep screenings and classics. Please note concession rate applies to evening performances only as matinee prices are a flat rate.

Box Office: 01727 453088

www.odysseypictures.co.uk

166 London Road, St Albans AL1 1PQ



THE ODYSSEY
CINEMA ST ALBANS

St Albans & Hertsmere



Positive Gains

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.

To find out more **Tel: 07825 176 455**

Email: Mariella@positivegains.co.uk www.positivegains.co.uk

East Herts & Broxbourne

Contexture Theatre

A professional theatre company producing a year-round programme of plays, educational work and community. Please note this offer is for unpaid carers only, valid strictly on production of a Carers' Passport Discount Card.

www.contexturetheatre.com Tel: 01279 461 285



Coopers of Stortford (In-Store Only)

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 buy gift vouchers and is valid in-store only.



Tel: 0844 482 4400 11 Bridge Street, Bishops Stortford CM23 2JU

Matts Auto Repair Services

As local mechanics our reputation has grown over the years and we have the latest equipment which helps get the best and accurate results for every customer. You won't find a better car mechanics in Bishops Stortford for the price and service. Retail Motor Industry approved, you are in safe hands!

www.mattsautorepairservices.co.uk Tel: 01279 653 494

Bryan Road, Bishops Stortford CM23 2HR



Sunny Jaspal Complementary Medicine

Offering acupuncture, massage & reflexology for optimum health & wellbeing. Helpful for stress & mood, sleep, relaxation, tension & pain. Experienced mobile practitioner offering home visits in East Herts



Tel: 07582 684 756

Email: hello@sunnyjaspal.com
www.sunnyjaspal.com

The Toning Rooms

A safe and 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. Contact us today for more information on what we offer. Tel: 01279 655 112

FB: [@thetoningrooms](https://www.facebook.com/thetoningrooms) Email: thetoningrooms@hotmail.com
Sworders Yard, 19d North Street, Bishops Stortford CM23 2LD



North Herts



Sunny Jaspal Complementary Medicine

Offering acupuncture, massage & reflexology for optimum health & wellbeing. Helpful for stress & mood, sleep, relaxation, tension & pain. Experienced practitioner, contact Sunny today

Tel: 07582 684 756 www.sunnyjaspal.com

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

NJC Therapy Practice

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 with exams, interviews, presentations, sports & weight control. **Free initial telephone consultation.**

Tel: 07900 215 914

Email: johnsm2643@gmail.com

Studio 180, Unit 8 Fifth Avenue, Letchworth Garden City SG6 2TS



NJC Therapy Practice



Judy Watson Nutritionist

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. Discount for nutrition MOT only

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

Dacorum

Halfords Autocentre

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

For further details telephone: 01442 245 634

28 Mark Road, Hemel Hempstead HP2 7BW

www.halfordsautocentres.com



Brian Isbell: Cranial Therapy, Naturopathy & Osteopathy

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

Tel: 07891 095 648 Email: brianeisbell@gmail.com

www.healthmattersforyou.co.uk 42 Lower Kings Road, Berkhamsted HP4 2AA

Stevenage

Essential Nutrition

Whether you want to achieve a specific goal such as weight loss or wish to address a more chronic health issue, Caroline will work with you to help you achieve your goal.

Tel: 07958 004887 www.essential-nutrition.co.uk

Email: caroline@essential-nutrition.co.uk

Skype: essentialnutrion



Watford and Three Rivers

Halfords Autocentre

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

For further details Tel: 01923 805 135

www.halfordsautocentres.com

Fisher Industrial Estate, Wiggenhall Road, Watford WD18 0FN



Positive Experience Training



Carer to carer coaching and mentoring support "Talk as you Walk" in a calming environment. 20% discount on all 1:1 sessions e.g. walking, phone or skype. Refresh, Redress and Restore Positivity back into your life!

Find out more call Clare direct on 07761 129311

Email: enquiries@positiveexperiencetraining.co.uk

www.positiveexperiencetraining.co.uk



Welwyn & Hatfield

YogaVita

I am enthusiastic about the benefits of yoga for all ages, and have taught people aged 15 – 91. My mindful, holistic Hatha yoga classes aim to improve flexibility, mobility, strength and mental relaxation, whether you are new to yoga or already experienced. I place great emphasis on alignment and aims to offer a holistic, modern approach to yoga.

Telephone: 07905 255333 Email: irene.campbell@gmail.com

www.yogavita.co.uk



IRENE CAMPBELL

YOGA CLASSES AND WORKSHOPS

We Need Your Help!

We are always seeking out new discounts for unpaid carers and we need your help to achieve more. Please help by speaking to any local businesses you know about the Carers' Passport Discount Card Service to encourage them to join. If they are interested ask them to get in touch with Karen Denny at Carers in Hertfordshire on **01992 58 69 69** or send an email to karen.denny@carersinherts.org.uk

There is no charge for participating in the service, all we ask is that businesses pass on a discount or concession to unpaid carers, strictly on production of a Carers' Passport Discount Card.

Contact us

If you have any enquiries about the offers stated in this brochure, the Carers' Passport or other ways in which Carers in Hertfordshire supports carers please:

Call: **01992 58 69 69**

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

Making carers count