

# Carers' Passport Discount Card



**Carers**  
in Hertfordshire

charity registration number 1085491

*Making carers count*

Since our last Latest Offers updates sheet (December 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.

## Countywide

### Go Ape

Hertfordshire unpaid carers can now access a 15% discount at Go Ape Tree Top Adventures for online bookings only. Discount applicable for both Trent Park and Wendover Woods. Book at [www.goape.co.uk](http://www.goape.co.uk) use quote **TRWECARE15**. Carers' Passport Discount Card must be shown on arrival.



### Jump In - Trampoline Parks

**30% off one hour open jump sessions.** A world of jumping fun from trampolines and drop slides to soft play and pumping parties, we have the lot! Available at Elstree, Enfield, Aberdeen, East Edinburgh, Shrewsbury, Slough, Tonbridge, Walsall, and Warwick. Please **book online** [www.gojumpin.com](http://www.gojumpin.com) and enter the code **CARER18**. Carers' Passport Discount Card must be presented on arrival. Telephone: **01926 356290** Email: [hello@gojumpin.com](mailto:hello@gojumpin.com)

## Stevenage

### Hampson Park Coffee Shop

Situated inside the Community Centre set in the beautiful Hampson Park. Small but welcoming we serve barista coffees, teas, hot choc & soft drinks with a range of hot and cold snacks including gluten free. Wi-Fi, outside area and takeaway on all products (discount excludes special deal items).

Phone: **01438 354662** [www.hampsonparkcc.co.uk](http://www.hampsonparkcc.co.uk)  
Hampson Park, Webb Rise, Stevenage SG1 5QU



### Pi Bistro and The Coffee House, Gordon Craig Theatre

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 Coffee House** offers exquisite coffee, 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.

**Stevenage Arts & Leisure Centre, Lytton Way, Stevenage SG1 1LZ**

Box Office: **01438 363200**

[www.gordon-craig.co.uk/pi-bistro](http://www.gordon-craig.co.uk/pi-bistro)

[www.gordon-craig.co.uk/the-coffee-house](http://www.gordon-craig.co.uk/the-coffee-house)



East Herts & Broxbourne

**attend2health**



Our mission is to provide the best possible care to our patients. Free 15 min chat to make sure we can help you. Services include Chiropractor, Osteopath, Physiotherapy, Neurological Physiotherapist, Wheelchair Seating and Posture Assessments, Chiropody and Podiatry, Acupuncture and Reflexology. Open 7 days a week. Have a question? Call

Tel: 01763 878087 Email: [info@attend2health.co.uk](mailto:info@attend2health.co.uk)



58 High Street, Buntingford SG9 9AH [www.attend2health.co.uk](http://www.attend2health.co.uk)

## Bespoke Pest Control

For all your pest control needs - mice, rats, wasps, ants, cockroaches, bed bugs and more. I can provide one-off treatments, emergency response, comprehensive regular service and multi-site service agreements; covering Broxbourne, Hoddesdon, Hertford and Ware. I will always give preventative advice to prevent re-infestation and where possible use environmentally-friendly and humane products. Email: [bespokepestcontrol@gmail.com](mailto:bespokepestcontrol@gmail.com)

Tel: Mobile: 07919 441895 Office: 01920 877742



HOLISTICARE

## Holisticare Physiotherapy & Myofascial Release

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

Tel: 01279 718331 [www.holisticare.co.uk](http://www.holisticare.co.uk)

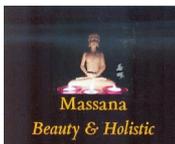
Brook View, Town Farm, Hatfield Broad Oak CM22 7LF

## Hot Space Yoga

We specialise in helping you strengthen your body, to become fitter, more toned and feel better. We offer 'warm' and 'hot' yoga to suit all levels and have a team of professionals who encourage people to improve the quality of their life, health and well-being. The amount of discount depends on the class please call to discuss. Call Paula: 07496 381480

[www.hotpaceyoga.co.uk](http://www.hotpaceyoga.co.uk) Email: [info@hotpaceyoga.co.uk](mailto:info@hotpaceyoga.co.uk)

Modern House, Suckling's Yard, Church Street, Ware SG12 9EN



## Massana Beauty & Holistic Therapy

With the benefits of wellbeing and holistic therapy you can alleviate anxiety, stress, muscle fatigue and more and give unpaid carers a little 'ME' time.

**\*20% discount off any massage treatment only.** (All treatments subject to consultation. Cannot be used in conjunction with other offers.) Free parking.

Tel: 07833 438298

92B The Maltings Business Centre,

Roydon Road, Stanstead Abbots SG12 8HG

## The Space2Be

We specialise in helping you reduce aches and pains, feel fitter, calmer and more relaxed. Yoga and Pilates classes to suit all levels including beginners. There is a team of professionals who share their knowledge and expertise to empower people to improve their health and well-being. Please get in touch to find out more about the offer.

Tel: 01992 625968 or Mobile: 07507 260036 [www.thespace2be.co.uk](http://www.thespace2be.co.uk)

Unit 1-3 Fairways, Cheshunt EN8 0NJ Email: [info@thespace2be.co.uk](mailto:info@thespace2be.co.uk)



## Dacorum

50%  
off



### DJ's Play Park

A great place for children to spend time just having fun while parents can relax whilst they play within easy reach. A complex multi-level play frame with a host of exciting features with a separate Under 2s area exclusively for the little ones. **Offer valid Mon-Fri anytime.** Socks to be worn please  
Tel: 01442 232580 Email: [info@djsplay.co.uk](mailto:info@djsplay.co.uk) [www.djsplay.co.uk](http://www.djsplay.co.uk)  
Jarman Square, Hemel Hempstead HP2 4JS

### Journey Method Therapy

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 795666

Email: [sue@journey-therapy.co.uk](mailto:sue@journey-therapy.co.uk) [www.journey-therapy.co.uk](http://www.journey-therapy.co.uk)

10%  
off



### Kings Barber Salon

Gentlemen looking for a haircut? Services include haircuts, head shave, beard trimming, hair colouring, wet/cut throat shave, hot wax for ears, hot towels. **25% discount off haircuts only.** Strictly on production of a Carers' Passport Discount Card. Open 7 days a week.

Tel: 07508 732487 33/34 Market Square, Hemel Hempstead HP1 1EP

25% off  
haircuts



### The Rex

With one huge screen set in a glorious 1938 art-deco proscenium with the sharpest film projection and clearest non-booming sound. The seating throughout is big and soft. It has been called luxurious and civilized.

Concession rate available at the cinema only when concessions are offered.

Telephone: 01442 245634 Website: [www.therexberkhamsted.com](http://www.therexberkhamsted.com)

Three Close Lane, Berkhamsted HP4 2FG

concession  
rates



## St Albans & Hertsmere

50%  
off



### DJ Jungle Adventure

A great place for kids to spend time just having fun while parents can relax whilst they play within easy reach. The soft play centre has a complex multi-level play frame with a host of exciting features and there is a separate Under 2's area exclusively for the little ones.

**Offer valid anytime Monday-Friday only** strictly on production of a Carers' Passport Discount Card. Socks to be worn please.

Tel: 01727 844991 Email: [info@djsplay.co.uk](mailto:info@djsplay.co.uk) [www.djsplay.co.uk](http://www.djsplay.co.uk)  
156 St Albans Road, Sandridge, St Albans AL4 9LP

### Esther Donoff Nutrition

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 available.

15%  
off



Esther Donoff Nutrition

Esther Donoff BSc (Hons), MSc, mBANT, CNHC reg Tel: 07899 249712

Email: [nutrition@estherdonoff.com](mailto:nutrition@estherdonoff.com) [www.estherdonoff.com](http://www.estherdonoff.com)

## Watford & Three Rivers

### Middletons Steakhouse & Grill

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. **20% off food only**. Offer valid Monday-Thursday only and excludes any other offer and Bank Holidays.

Tel: 01923 517332 Email: [watford@middletons-shg.co.uk](mailto:watford@middletons-shg.co.uk)  
Unit 4, 9 King Street, Watford WD18 0BW



## Welwyn & Hatfield

### Comfy Sole Chiropody - 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.

**10% discount at clinic only.**

Tel: 07775 952310 for Clinic or 01707 894900 for home visits.

Email: [gbuszmanning@comfysolechiropody.org.uk](mailto:gbuszmanning@comfysolechiropody.org.uk)

[www.comfysoleschiropody.org.uk](http://www.comfysoleschiropody.org.uk)

27 High Street, Old Welwyn AL5 9EE



### Predator Motor Sport

The largest M.O.T. & Service Super Centre in Hertfordshire, not just in size but parts stocked too. 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. With 40 years of trading.

Tel: 01707 334090 or MOT Booking: 01707 334 050  
1-3 South Mundells, Welwyn Garden City AL7 1EP  
[www.predatormotorsport.co.uk](http://www.predatormotorsport.co.uk)



## 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](mailto:karen.denny@carersinherts.org.uk)

There is no charge for participating in the service, all we ask is that businesses offer 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](mailto:contact@carersinherts.org.uk)

Visit: [www.carersinherts.org.uk](http://www.carersinherts.org.uk)