



Carers Card - Providers at: 04 February 2019
Area 1: Bournemouth, Poole & Christchurch
& Surrounding Area, See Map for Area Coverage



These Providers currently accept the Carers Card in Dorset. Please contact a Provider for information about their services, products or opening times and to confirm that their prices or discounts remain valid before you visit or purchase. Concessions are available with your Carers Card and proof of personal identification

Dorset County Council, Bournemouth Borough Council, Borough of Poole, DCCG and Scheme Administrators, do not endorse the providers advertised within the Carers Card Scheme and are not responsible for the quality of goods or services.

Name	Address	Telephone	Website	Offering
Category A: Sports, Craft/Hobbies, Leisure and Pets				
Activate Ferndown Ltd - Trampoline Park and Ninja Assault Course	69-71 Havilland Road, Ferndown Industrial Estate, Wimborne, Dorset BH21 7PY	01202 001300	www.activatedtrampolinepark.co.uk	20% discount to Card Holders Monday - Friday during term time. Gentle jump sessions on Thursdays @ 5pm a quiet session for children who benefit from less distractions - adult carer goes free
All Fired Up - Ceramics Café	The Square, 35-37 Bourne Avenue, Bournemouth, BH2 6DT	01202 558030	http://www.allfiredupceramics.co.uk/bournemouth	10% discount
Bike Repairs Direct	Bascott Road, Wallisdown, Bournemouth, BH11 8RJ	07809 222349	www.bikerepairsdirect.co.uk	5% off labour prices for repair and service work. Then 10% off a second booked service within the 9 months of an original booking. Free collection of bike from most Dorset postcodes.
Bournemouth Sewing Machines	5 Southbourne Grove, Bournemouth, BH6 3QS	01202 424825	http://bournemouthsewingmachines.com/	5-10% discount on repairs and servicing of sewing machines
Carly's Crafts	1a Cardigan Road, BH9 1BJ	01202 512106	http://www.carlyscrafts.org.uk	10% discount
Cast Your Lead - Learn to Fish from Beach or Pier	41 Cedar Avenue Northbourne BH10 7EF	01202 577636	http://www.castyourlead.com	10% Discount depending on how many hours required
Gorcombe Activity Centre - Quad Biking, Paint Balling, Clay Shooting	Thornicombe, Blandford Forum, Dorset, DT119AG	01258 452219	http://www.gorcombe.co.uk	10% discount Monday - Friday
Happy Stitcher (for Fabrics, Craft Supplies, Haberashery)	The Oaks Garden Centre, Queen Anne Drive, Wimborne, BH21 3BA	07970 156071	https://facebook.com/happy-stitcher	10% discount on purchases over £10.00 25% discount on purchases £50.00 and over

La Nova Studios (Singing Teacher)	Mobile 07866 607427	01202 470307	www.lanovastudios.co.uk	10% off private 1-1 lessons 10% off all workshops and courses
MDG Sports	Poole Quay Poole BH15 1HF	01202 900012	http://www.mdgsports.co.uk	10% discount
Rockley Watersports	Poole Park Lake, Poole Park, Poole	01202 677272	http://www.rockley.org/watersports	10% off Courses & Hire - Boat Hire, Learn to Sail, Kayaking, Windsurfing
Rockley Watersports	Rockley Point, Napier Road, Hamworthy, BH15 4RW	01202 677272	http://www.rockley.org/watersports	10% off Courses & Hire - Boat Hire, Learn to Sail, Kayaking, Windsurfing
Spanish Language Classes with Francesca - All levels Beginners, Intermediate & Advanced	Anglocontinental, 29-35 Wimborne Road, Bournemouth BH2 6NA (Groups) Canford Cliff Village Hall, 17 Ravine Road Poole BH13 7HT (Groups) BH1 1JA address for 1 to 1 classes	07766 834207		20% discount on group classes at Anglocontinental 1 to 1 class £20.00 per hour (normally £30.00)
Spinnaker Sailing Club	Ivy Lane, Ringwood BH24 3LY	01425 483692	http://spinnakerclub.co.uk	10% off all RYA training courses and 20% off private one to one non member training
Studio Poole - Poole Pottery Shop and "Have a Go" painting your own pottery	Unit D2 to D5 Dolphin Quay, Poole, BH15 1HU	079956 973072	www.studio-poole.co.uk	10% off shop goods, 20% off "Have a Go"
The Club at Meyrick Park	Central Drive, Bournemouth, BH2 6LH	01202 786000	http://www.theclubatmeyrickpark.com	10% discount on health membership
The Junction Sports & Leisure Centre	Station Approach, Broadstone, BH18 8AX	01202 777766	http://www.thejunctionbroadstone.co.uk	£15.00 per month gold membership (normally £24.99)
The Queens Hotel	Queens Hotel, Meyrick Road, Bournemouth, Dorset, BH1 3DL	01202 554415	http://queenshotelbournemouth.com	15% off TDH dinner, bar snacks & breakfast, 20% off leisure membership. 15% discount from the room rates as advertised on the Hotel website - not applicable with offers.
The Watersports Academy - Kayaking, paddle-boarding, windsurfing and sailing	Sandbanks Hotel, 15 Banks Road, Poole, BH13 7PS	01202 708283	www.thewatersportsacademy.com	10% discount for all non-motorised water sports activities. This includes kayaking, paddle-boarding, windsurfing and sailing

Wildway Bushcraft, Bushcraft, Survival and Wilderness Living School - family days, canoe expeditions	7 St Micheals Road, Verwood, BH31 6HZ	07557 586537	http://www.wildwaybushcraft.co.uk	25% off everything Wildway Bushcraft Offer
Category B: Health (Shops & Professionals)				
Birchwood Private Physiotherapy Poole Ltd	Birchwood Practice, Northmead Drive, Creekmoor, BH17 7XW	07817 550481	http://www.physiotherapypoole.com	25% off Physiotherapy - Massage £25.00 for 45mins (normally £30.00)
Birchwood Private Physiotherapy Poole Ltd	Heal to Toe, Moorlands Parade, Upton, BH16 5JS	07817 550481	http://www.physiotherapypoole.com	25% off Physiotherapy - Massage £25.00 for 45mins (normally £30.00)
Birchwood Private Physiotherapy Poole Ltd	Poole Town Surgery, 36 Parkstone Road, Poole BH15 2PG	07817 550481	http://www.physiotherapypoole.com	25% off Physiotherapy - Massage £25.00 for 45mins (normally £30.00)
Body & Sole Poole - Holistic Therapist (reflexology, indian head massage, reiki)	21 Hiley Road, Oakdale, Poole, BH15 3BQ	07845 577140	www.bodyandsolepoole.co.uk	20% discount off all treatments
Bournemouth & Fordingbridge Chiropractic Clinics	2 Crantock Grove, Bournemouth, BH8 0HS	01202 300320	www.bournemouthchiropracticclinic.co.uk	We are a multi-award winning chiropractic clinic and can offer carers 50% off your first visit which includes consultation, orthopaedic examination and postural assessment followed by treatment. Any further treatment thereafter: 10% discount
Bournemouth Mindfulness Mindfulness Based Stress Reduction Courses	86 Pine Road, Bournemouth, BH9 1NB (do not display address on websites)	07722 557050	www.bournemouthmindfulness.org	Reduced price for 8 week course of £150.00 (normally £220.00) Please contact us for next course start at Tower Park area
Bournemouth Physiotherapy Clinics Ltd	38 Anchor Road, Bearcross, BH11 9HS	01202 576731	http://www.bpchealthcare.com	10% off all initial assessments with physiotherapist 10% off all clinic follow up treatments with physiotherapist
Bournemouth Reflexology	49 Queen Mary Avenue, Moordown, Bournemouth, BH9 1TT	01202 549297 07703 165905	http://www.bournemouthreflexology.co.uk	20% off £40.00 for a full one hour session of reflexology

Bournemouth Sports Massage	Wessex Health Network 17 Stour Road Christchurch BH23 1PL	07958 616496	www.bournemouthsportsmassage.co.uk	10% off all soft tissue treatments
Bright Side! Holistic Therapies	47 Churchill Close, Sturminster Marshall, Wimborne, BH21 4BH	01258 857506	www.brightsideholistictherapies.com	All therapies £20.00 per session All Workshops 25% discount
Castle Lane Clinic	2 Crantock Grove, Bournemouth, BH8 0HS	01202 300320	www.bournemouthchiropracticclinic.co.uk	25% off massage or sports massage - 30 minute treatment
Foot Mechanic Podiatry	Heal To Toe, Moorland Parade, Moorland Way, Upton, Poole BH16 5JS	07979 840542		15% off Services (Chiropody, Podiatry, Biomechanics)
Hands on Care Osteopathic Practice	Wessex Health Network 17 Stour Road Christchurch BH23 1PL	01202 474477	http://www.handsoncare-osteopathy.co.uk	£10.00 off initial appointment £39.00 instead of £49.00 £5.00 off any follow up appointments £34.00 instead of £39.00
Heal to Toe (Complimentary Therapies)	5 Moorland Parade Parade, Upton, Poole, Dorset, BH16 5LJ	01202 632961 07719 261356	http://www.janannis.com	15% off - Chiropody, Osteopathy, Sports Massage, Remedial Massage, Swedish Massage, Indian head massage, Reflexology, Hot stone massage, Hypnotherapy
Hearing & Mobility Centre	91 Poole Road, Westbourne, BH4 9BB	01202 540852	http://www.hearingandmobility.co.uk/hearing-and-mobility-shops/bournemouth	10% off all mobility purchases £100 and over. 10% off selected digital hearing aids. Free hearing Test
Inner Peace Bournemouth - Yoga, Mindfulness and Life Coaching	31 Fenton Road, Bournemouth, BH6 5EY. Do not display *Contact Alex for details of classes in Southbourne and Verwood*	07522 529825	www.innerpeacebournemouth.com	Yoga classes £5.00 for anyone producing a Carers Card and 25% concession on 121 Yoga, mindfulness and life coaching
Lilliput Health (Multidisciplinary Private Health Clinic)	Lower Ground Floor Lilliput Surgery Elms Avenue Poole, BH14 8EE	01202 725090	http://www.lilliputhealth.co.uk	20% off all musculoskeletal treatments. offering Chiropractor, Sports & Deep Tissue Massage, Physiotherapy
Lilliput Health (Multidisciplinary Private Health Clinic)	Sir David English Sports Centre, East Way Bournemouth BH8 9P2	01202 725090	http://www.lilliputhealth.co.uk	20% off all musculoskeletal treatments. offering Chiropractor, Sports & Deep Tissue Massage, Physiotherapy

Lilliput Health (Multidisciplinary Private Health Clinic)	The Club at Meyrick Park, Central Drive, Bournemouth, BH2 6LH	01202 725090	http://www.lilliputhealth.co.uk	20% off all musculoskeletal treatments. offering Chiropractor, Sports & Deep Tissue Massage, Physiotherapy
Lilliput Health (Multidisciplinary Private Health Clinic)	Sandbanks Yacht Company, 32 Panorama Road, Poole, BH13 7RD	01202 725090	http://www.lilliputhealth.co.uk	20% off all musculoskeletal treatments. offering Chiropractor, Sports & Deep Tissue Massage, Physiotherapy
Make Time For You	26 Alder Heights Poole BH12 1QX	07906 351806	http://www.newnham.info/ihm/index.html	Approx 30% off Aromatherapy, Indian Head Massage, Facials, Some Foot and Back treatments. Mobile throughout Bournemouth & Poole
Massaggi Sports Massage Therapy	112 Marylebone High Street, London W1U 4SA	02072 264502	www.massaggi.co.uk	15% discount, discount does not apply when using gift vouchers and excludes existing offers
Mi Foot Health (Mobile Foot Health Practitioner)		07849 316048		10% discount on all of my treatments - Foot & Holistic Massage
MyLiferaft	Online	03302 231192	www.myliferaft.com	Try for FREE using our Freemium version and 20% off the annual Premium version for Carers Card members using promo code CARERS20
Namaste Therapy (Holistic Treatments)	Evergreen Oak Surgery, 43 Commercial Rd, Poole, BH14 OHU	01300 341610 07866 594013	http://www.namastetherapy.co.uk	15% off - Aromatherapy Massage, Deep tissue massage, Indian head massage, Natural facelift massage, Hopi ear candling and Reiki
Natural Health Consultancy (Joint pain eased with Feldenkrais therapy)	23c Church Road, Lower Parkstone, Poole, BH14 8UF	01202 747063	http://www.naturalhealthconsultancy.com	25% Discount
Parkstone Chiropractic	Ashley Road, Poole, BH14 9BY	07958 616496	www.parkstonechiropractic.co.uk	10% discount on all treatments
Pilates Performance Therapy Classes in Poole, Broadstone & Bearwood	68 Sterte Road, Poole, BH15 2AH	07536 103364	www.pilatesperformancetherapy.co.uk	15% discount off all services
Pilates Physique	The Moose Hall, 2 Jolliffe Road, Poole Dorset, BH15 2HB	07884 498241	http://www.pilatesphysique.co.uk	20% off pay as you go classes = £6.00 per class. 15% off 1-1 Pilates = £30.50 per session. 15% off Massage = £30.50 per session

Red Heart Fund Complimentary Therapies	4 Sea Road, Boscombe BH5 1DB	01202 242101	http://redheartfund.org	10% discount
Reflexology UK.Org	70 Heathwood Road, Winton, Bournemouth, BH9 2JZ	01202 295910	http://www.reflexologyuk.org	10% Discount on Reflexology & Massage & 10% off 6 week Mindfulness and De-stressing courses
Richard Southam Chiropractic	Heal To Toe, Moorland Parade, Moorland Way, Upton, Poole BH16 5JS	01202 632961 07775 510240	http://www.aquae-sulis.co.uk	15% Discount - Management of health issues associated with the spine. Not limited to back and neck pain, headaches
Sally Tyler - Massage Therapist	23c Church Road, Lower Parkstone, Poole, BH14 8UF	07882 679022	http://wholehealthmatters.co.uk	25% Discount - Back, Neck & Shoulders, Abdominal massage, Clinical massage.
Sally Tyler - Massage Therapist	17 Stour Road, Christchurch, BH23 1PL	07882 679022	http://wholehealthmatters.co.uk	25% Discount - Back, Neck & Shoulders, Abdominal massage, Clinical massage.
Sally Tyler - Massage Therapist	Evergreen Oak Surgery, 43 Commercial Rd, Poole, BH14 OHU	07882 679022	http://wholehealthmatters.co.uk	25% Discount - Back, Neck & Shoulders, Abdominal massage, Clinical massage.
Shore Pilates	21 St Catherines Road, Southbourne, BH6 4AE	07891 711965	www.shorepilates.co.uk	10% off Pilates Matt Classes
Sit and Get Fit - Exercise Toning Chairs. Power resisted exercise machines that do the work for you. Great if you have back or neck pain or any condition limiting you to do exercise.	2 Crantock Grove, Bournemouth, BH8 OHS	01202 300320	www.sitandgetfit.co.uk	40% discount. (6 weeks usually £75. For carers £45). This entitles you to come every day if you like and not just once a week. Time needed for initial visit is 45 mins to register and be shown how to use the chairs. Thereafter takes half an hour or an hour depending on the time you have available
South Coast Hearing Care Ltd	Barnabys Opticians 13 The Arcade Bournemouth BH1 2AF	01202 797678	http://www.southcoasthearingcare.com	10% discount off all hearing aid packages and ear cleaning services
South Coast Hearing Care Ltd	Sandbanks Yacht Club 30-32 Panorama Road Sandbanks Poole BH13 7RD	01202 797678	http://www.southcoasthearingcare.com	10% discount off all hearing aid packages and ear cleaning services
The Life You Love Ltd - Sound Healing Sessions, Reflexology, Massage	132a Ringwood Road, Poole, BH14 ORP	07929 379918	www.iamscania.com	25% discount

Touch and Co Massage and Complementary Therapies	Maria Amey Salons, The Oaks, Queen Ann Drive, Merley, Wimborne BH21 3BA	01202 848255 or 07926 075556	www.facebook.com/toouchandco	10% off all treatments and Neal's Yard products (not including offers/sale discounts etc)
Trew Eyecare Ltd - Opticians	255 Ashley Road Parkstone Poole BH14 9DS	01202 742003	http://treweyecare.co.uk	10% discount on all complete pairs of glasses
Wessex Health Network	17 Stour Road, Christchurch, BH23 1PL	01202 474477	http://www.wessexhealthnetwork.co.uk	10% Discount on 30 or 40 minute deep tissue massage & 10% Discount on Indian head massage.
Category C: Cafes, Restaurants & Pubs				
Absolute Music Café	Knighton Heath Estate, 855 Ringwood Road, Bournemouth, BH11 8NE	01202 597180	www.absolutemusic.co.uk	Complimentary Tea or instant Coffee in the Music Café
Biscuit - The Gluten Free Café	453 Poole Road, Branksome, Poole, BH12 1DH	01202 760468	www.thebiscuitthegfc.co.uk	15% off on all hot drinks and food
Bournemouth Pizza Company	44 St Swithuns Road, Bournemouth, BH1 3RJ	01202 555125	http://bournemouthpizza.co.uk	10% discount on all food and drinks (eat in and take away)
Café on the Green	Boscombe Cliff Bowls Club, Woodland Avenue, Bournemouth, BH5 2DJ	07914 013689		10% discount on breakfast, lunches, afternoon teas, cakes. Open 9.00 am - 5.00pm 1st April - 30th September
Coffee #1	17 Southbourne Grove, Southbourne, BH6 3RG	01202 428628	southbourne@coffeeone.co.uk	10% discount on food only
Coffee#1	401 Wimborne Road Bournemouth BH9 2AJ	01202 520546	https://www.coffee1.co.uk/locations/winton/	10% discount
Coffee#1	134 High Street, Poole, BH15 1DN	01202 674595	poole@coffeeone.co.uk	10% discount
Creams Café (Italian Ice Cream & Desserts)	1-7 Charminster Road, BH8 8UE	01202 311514	http://www.creamscafe.com	15% Discount
Duck Bar	100-102 Poole Road, BH4 9EF	01202 759000	http://www.duckbar.co.uk/	15% discount
Fairmile Café	Christchurch Hospital, Fairmile Road, BH23 2 JX	01202 303626	https://www.nhs.uk/Services/hospitals/Overview/DefaultView.aspx?id=RDZ05	Staff Discount
Fisherman's Haunt Pub & Restaurant	Salisbury Road, Christchurch, Dorset, BH23 7AS	01202 477283	www.fishermanshaunt.co.uk	15% discount on food
Fox Café	Redhill Park, Bournemouth, BH9 2SW		http://www.parkcafes.co.uk/FoxCafe/Fox.aspx	10% discount

Ginjams Gin and Wine Bar	19 Seamoor Road, BH4 9AA	01202 757732	www.ginjams.co.uk	10% off food and drink between the hours of 12 noon and 6.30 pm
Good Intentions Café - Vegan friendly	67 Bargates, Christchurch, BH23 1QE	01202 495879	https://www.facebook.com@goodintentionscafe	Free Tea or Americano Coffe with any food purchase
Harbour Heights Hotel	73 Haven Road, Sandbanks, Poole, BH13 7LW	01202 707272	www.fjbhotels.co.uk/harbour-heights-hotel	10% OFF all food and beverages. Excludes weekends, school/Bank holidays, events and special occasions
Harry Ramsdens	East Beach, Undercliff Dr, Bournemouth BH1 2EZ	01202 295818	http://www.harryramsdens.co.uk/england/bournemouth	20% discount in restaurant only
Haven Hotel	161 Banks Road, Sandbanks, Poole, BH13 7QL	01202 707333	www.fjbhotels.co.uk/haven-hotel	10% OFF all food and beverages. Excludes weekends, school/Bank holidays, events and special occasions
Hedgehog Café	Bournemouth Lower Gardens, Entrance from Bournemouth Square, BH1 2AQ		http://www.parkcafes.co.uk/HedgehogCafe/Hedgehog.aspx	10% discount
Molly's Café	189a/B Lower Blandford Road, Broadstone BH18 8DH	01202 605225	www.facebook.com/mollyscafebroadstone/	Free Drink + 10% off any food for card holder
Pause Cat Café	119 Old Christchurch Road, Bournemouth, BH1 1EP	01202 240194	www.pausecatcafe.co.uk	2 for 1 on entry all day, every day, and 5% off total bill. Free entry for carer email event@pausecatcafe.co.uk for code to book online
Picnic Park Deli	Lower Gardens BH1 2LS Bournemouth	07825 394183	https://www.facebook.com/picnicparkdeli/?rf=1623224178000104	20% off all food and drink
Pizza With Love - Mobile Pizza Oven for Events, Street Food	Poole, Dorset	07974 480911	www.pizzawithlove.co.uk	10% discount
Sandbanks Hotel	15 Banks Road, Sandbanks, Poole, BH13 7PS	01202 707377	www.fjbhotels.co.uk/sandbanks-hotel	10% OFF all food and beverages. Excludes weekends, school/Bank holidays, events and special occasions
Shelley Restaurant, Outpatient Tea Bar,	Royal Bournemouth and Christchurch Hospitals, Castle Lane East, BH7 7DW	01202 704743	http://www.rbch.nhs.uk/index.php?id=284	Staff Discount
Squirrel Café	Boscombe Chine Gardens, entrance from Christchurch Road or Boscombe Pier, BH1 4AA		http://www.parkcafes.co.uk/SquirrelCafe/Squirrel.aspx	10% discount

Steam Vintage Tea Rooms - Vegan, Gluten Free & Vegetarian options	47 Poole Hill Bournemouth BH2 5PW	01202 551384	http://www.bournemouthtearooms.com	10% discount on all menu items Monday - Friday on pre-booking only. Special price on Afternoon Tea for Two £17.50 should be £25.90 - advance booking required.
The Dolphin Restaurant - Poole Hospital	Longfleet Road, Poole, BH15 2TB	01202 442463 do not display on web	https://www.poole.nhs.uk/patients--visitors/coming-in-as-an-inpatient/hospital-facilities.aspx	Trust Staff Rate charged for all items purchased for Carers Card Holder only . ie cannot be used for other family members, friends etc dining with Card Holder
The Queens Hotel	Queens Hotel, Meyrick Road, Bournemouth, Dorset, BH1 3DL	01202 554415	http://queenshotelbournemouth.com	15% off TDH dinner, bar snacks & breakfast, 20% off leisure membership. 15% discount from the room rates as advertised on the Hotel website - not applicable with offers.
Woodpecker Café	Queens Park Pavilion, Queens Park West Drive, Bournemouth, BH8 9BY		http://www.parkcafes.co.uk/WoodpeckerCafe/Woodpecker.aspx	10% discount
Woosters of Westbourne	82 Poole Road, BH4 9DZ Westbourne	01202 280312.	https://www.facebook.com/woostersofwestbourne.coffeehouse/	15% off bill
Category D: Attractions & Entertainment				
Compton Acres (Gardens)	164 Canford Cliffs Road, Poole, BH13 7ES	01202 700778	http://www.comptonacres.co.uk	Special Carers rate of £3.50 (normally £7.95)
Dorset County Show - Annual Show Celebrating Agriculture & Rural Life	Agriculture House, Acland Road, Dorchester, DT1 1EF	01305 264269	www.dorsetcountyshow.co.uk	Carers have free entry on production of their Carers Card
Forde Abbey & Gardens	Chard Somerset TA20 4LU	01460 221290	http://www.fordeabbey.co.uk	House & Gardens £9.00 (normally £13.00) Gardens only £8.00 (normally £10.00)

Oceanarium Bournemouth	Pier Approach, West Beach Bournemouth BH2 5AA	01202 311993 ext 22	http://www.oceanarium.co.uk	On presentation of the Carers Card, the named holder will receive the discounted carer rate. Also valid on online prices. Accompanying ID also required as proof. Not available on other concessions or with any other offer. For any enquiries call 01202 311993
Primo Parties (DJ for adults and children)	2 Scarf Road Poole BH17 8QQ	07817 413828	http://www.primoparties.uk	10% off your chosen DJ Package
Red House Museum & Gardens	Quay Road, Christchurch, BH23 1BU	01202 482860	http://www.hampshireculturaltrust.org.uk/red-house-museum-and-gardens	Free admission
Category E: Professional Services (e.g Financial, Insurance & Legal)				
Harold G Walker Solicitors	196a-200a The Broadway Broadstone BH18 8DR	01202 692448	http://www.hgwalker.co.uk	Free half hour Consultation
Harold G Walker Solicitors	33a Bargates Christchurch BH23 1QD	01202 482202	http://www.hgwalker.co.uk	Free half hour Consultation
Insure Your Health Ltd In a study of 2015 82% of customers saved and 1 in 3 saved 26% or more	First Floor, Unit 4C New Fields Business Park Stinsford Road Poole BH17 ONF	0800 1214944	http://www.insureyourhealth.co.uk	We will guarantee a 15% cashback on any policy (in addition to the savings we often make for our customers - average 26%) <i>Offer:</i>
InsureMore Travel Insurance	The Powerhouse, 21 Woodthorpe Road, Ashford, Middlesex, TW15 2RP	01784 772675	https://insuremore.co.uk/partners/mycare_rscard?promo=MCC25	Save up to 25% off Travel Insurance with InsureMore. FREE Kids Cover £10 million medical cover FREE Car Hire Excess cover on Deluxe policies 24hour Emergency Helpline Book online at InsureMore.co.uk Use promo code: MCC25 Or Call 01784 772678 Quoting promo code: MCC25

Quay HR Solutions (Employment Law Advice and support if you have a problem at work)	G18 Lynch Lane Offices, Lynch Lane, Weymouth, DT4 9DN	07796 690221	http://www.qhrs.net	Free one hour consultation to discuss case and identify how we might help you. After that, we are pleased to offer Carers Card holders a discounted hourly rate for our services of £42.00 per hour (normal rate is £45) inclusive of VAT
Solomons Solicitors	Hamilton Court House, 1-3 Alum Chine Road, Bournemouth, BH4 8DT	01202 802807	www.solomonslaw.co.uk	10% discount on fixed price services
THE Discount Club	31 Fairfield Park, Lyme Regis, DT7 3DS	0800 0932868	www.shrinkingbills.org	I will give anyone who becomes a member of THE Discount Club a £5 shopping voucher for joining as well as a £20 shopping voucher every time they recommend the services to a friend who also decides to become a member* *to be eligible for the £20 the person will need to take 4+ services
Tilney Financial Planner and Wealth Manager (Amanda Cook) Society of Later Life Advisers Accredited. Advice focused on the person not the product.	Second Floor Midland House 2 Poole Road Bournemouth BH2 5QY	01202 414461	https://www.tilney.com	No obligation initial meeting at Tilney's Cost
Category F: Travel, Holidays & Transport				
Angela Holidays (Coach Holidays UK and Continent)	Oaktree House, Lowford, Bursledon, Southampton SO31 8ES	02380 404536	http://www.angelaholidays.co.uk	5% discount off the basic cost of a coach holiday for direct bookings only (offer cannot be claimed through a travel agent). No discount available on air holidays or river cruises

Haven Holidays		03332 025247 (standard UK call rates)	http://www.haven.com/emb	Exclusive Member Benefit Offer, Extra Discounts on top of Haven's best prices Save up to an additional 5% in school and bank holidays Save up to an additional 10% on all other dates. To book by phone or online website: QUOTE UNIQUE CODE: EMB_MYCARERSCARD
Rachael's Cars - Long Distance Taxi Service	Poole, Dorset	07974 480911	www.rachaelcars.co.uk	10% discount
The Queens Hotel	Queens Hotel, Meyrick Road, Bournemouth, Dorset, BH1 3DL	01202 554415	http://queenshotelbournemouth.com	15% off TDH dinner, bar snacks & breakfast, 20% off leisure membership. 15% discount from the room rates as advertised on the Hotel website - not applicable with offers.
Warner Leisure Hotels		03332 020304	http://www.warnerhotels.co.uk/phc	Membership of Privilege Holiday Club with an additional £10.00 off per person, per break. Book: via Warners website or telephone using code: PHCOFFER Note: Offers may change, check website link provided for applicable code.
Category G: Retail (Shops) & Services (e.g. Gardening)				
Amtec Auto Care (MOT, Service & Car Repairs)	Unit 12 Blandford Road Industrial Estate, Blandford Road, BH16 5BW	01202 624668	https://www.amtecautocare.co.uk	10% discount on labour for repairs
ARC Antiques Retro & Collectible Business	1st Floor Unit, ZERVO Flexi-Village, (former T J Hughes) The Sovereign Centre, 616 Christchurch Road, Boscombe, BH1 4BH	074907 19516		10% off any purchase between £1 and £100, and 15% off anything £101 & over. Also, offering to sell items for a blanket 10% commission (normally 15-20%)
Attico Gift Shop	21 Westbourne Arcade, Poole Road, Westbourne, BH4 9AY	01202 769777	https://www.facebook.com/attico.1458119631177873	10% discount

Bournemouth Oven Cleaning	3 Malven Road, BH9 3DE (do not display - mobile business)	07729 498149	https://www.facebook.com/ovenandfridgecleaning/	For all the Carers out there grab yourself 10% off the final bill - prices start at £24.99 before discount
Christopher Gardening Service	Flat B 17-19 Salisbury Road Bournemouth BH1 4EN	03303 500856 07455 227255	www.christophermaintenance.co.uk	25% discount £12.00 hourly rate reduced to £8.00. Large jobs quoted on a job price reflecting 25% discount
Cook Bournemouth	120 Poole Road, Westbourne, Bournemouth, BH4 9EF	01202 765560	https://www.cookfood.net/shops/Bournemouth	10% Discount (excludes any in-store promotions)
Crescent Motorcycle	23 Blackmoor road, Ebblake Industrial estate, Verwood, BH31 6AX	01202 820170	http://www.crescent-motorcycles.com	10% off all parts, clothing and accessories across all 3 branches, Verwood, Bournemouth, Southampton
Deacon Locksmiths	Mobile Service	07783 223018	www.deaconlocksmiths.co.uk	20% discount on parts and labour
Discount Home Textiles	Unit 1d Haletop East, Civic Centre, Manchester, M22 5RN	0161 2228891	www.discounthometextiles.co.uk	5% off all online orders using code: Carers 5
Dorset Steam Cleaning Services - Domestic & Commercial	5 Comley Road, Moordown, Bournemouth BH9 2ST	07886 086803	http://www.dorsetsteamcleaning.co.uk	10% discount on any cleaning service on production of Carers Card
Eco Natural Products - Natural Cosmetics	312 Ashley Road, Poole, Dorset, BH14 9DF	01202 280830	www.e-naturalproducts.co.uk	10% Discount in store and 10% discount online with offer code CARE10
Every Cloud Boutique (Gifts, Jewellery, Craft Kits.) Shop & Mail Order	3 Napper's Court, Dorchester, DT1 1EE	01305 269731	http://www.everycloudboutique.co.uk	10% Discount on purchases over £10.00 in shop and mail order
Flower Factory Garden Centre	1198 Ringwood Road Bournemouth BH11 9LQ	01202 900670	https://www.facebook.com/flowerfactorygc	10% off of full price items (no discount available on offers)
Hintons Gift Shop	196 Lower Blandford Road, Broadstone, BH18 8DP	01202 977329	www.hintonsgiftshop.co.uk	Free Gift Wrapping and 10% discount on full price purchases - excludes any promotional or sale prices
Knight Dry Cleaners	1 Seamoor Rd, Bournemouth BH4 9AA	01202 762455	http://www.knightdrycleaners.co.uk	10% off marked prices
Luke-Woods.com (Digital Media)	Poundbury, Dorchester, DT8 3SB	079501 11321	http://luke-woods.com/	360 virtual tours and 360 video - Offering a 10% discount on all services

M K Roofing Group Ltd Gutter Clearing Offer	Unit 302 Old Barn Farm Road, Woolsbridge Industrial Estate, Three Legged Cross, Wimborne, Bh21 6SP	01202 001244	www.mkpmltd.co.uk	50% off gutter clearing (not in conjunction with any other offer)
Mabel & Jacks Lingerie, Nightwear, Swimwear & Hosiery	64 Poole Road, Bournemouth, H4 9DEZ	01202 755677	www.mabelandjacks.co.uk	10% discount (excluding sale and special offer items)
Mayfield Garden and Log Supplies (Suppliers of Garden Products and Fuel. All Delivered)	36 Mayfield Avenue, Poole, Dorset, BH14 9NY	01202 740795	http://www.mayfieldgardenandlogsupplies.co.uk	5% discount on garden composts, mulches, manures, shingles, winter and summer bedding plants, logs, coal, smokeless fuel & kindling. All delivered in convenient sacks, loose loads and dumpy bags
MDG Sports	Poole Quay Poole Bh15 1HF	01202 900012	http://www.mdgsports.co.uk	10% discount
Moor Floors Ltd Carpet & Vinyl Flooring Supplier	1442 Wimborne Road, Bournemouth, BH10 7AS	01202 590922	www.moorfloorsltd.co.uk	10% discount on carpets and vinyls (discount not available on fitting charges)
Paul Parrott locksmith	3 Milton Crescent, Weymouth, DT4 7NA	07709545701	http://www.parrotlocks.co.uk	15% discount
Red Candy Interior Accessories	Online Market Place	0121 2247728	www.redcandy.co.uk	10% off all orders, using code: CARERCARD10
Simonis Florists	10 Sea Road, Boscombe, BH5 1DB	01202 394363	www.simonisflorists.com	15% discount on flowers and plants purchased in the shop. Offer does not apply to Interflora orders
Smith and Smith (Bridport) Ltd (Mens & Womens Clothing Retailer - Shop and Mail Order)	No 8 West Street, Bridport, DT6 3QP	01308 422172	http://www.smithandsmithonline.co.uk	10% discount on all purchases (excluding sale items)
SO SWEATY LTD - Sportswear & Shapewear Online	4/4a Bloomsbury Square, London, SW1A 2RP - do not display on pdf's online business only	07845 531088	www.sosweaty.com	30% Off everything at sosweaty.com - This exclusive offer includes sale items & promotions. Unique Discount Code 72A6FGR4E
The Flower Lounge	200 Lower Blandford Road, Broadstone, BH18 8DP	01202 659052	https://www.facebook.com/flowerloungeflorist/	10% discount
The Ironing Shop - Dry Cleaners, Clothing Alterations & Laundry (wash and fold, wash and iron or just iron)	120 Tuckton Road, Bournemouth, BH6 3JX	01202 425404	www.bournemouthironingshop.co.uk	10% off, including current offers when Carers show their card and payment is made in advance

The Tree Musketeers Tree Surgeons, (Garden Maintenance, Tree Surveys, Hedge Trimming/Removal)	Web address only	01202 383940 24 Hour Emergency Response 07581 785238	http://www.thetreemusketeers.com	10% Discount
The Zipyard - Garment Alterations	342 Wimborne Road, Winton, Bournemouth, Dorset, BH9 2HH	01202 528400	www.thezipyard.co.uk/bournemouth	10% Discount
Unforgettable - Online products to help those with dementia or memory loss	Online Market Place	079544 38122	www.unforgettable.org	15% discount at the checkout with code CCDARD15
Westbourne Bookshop	65 Poole Road Bournemouth BH4 9BA	01202 768626	http://www.westbournebookshop.co.uk	10% Discount
Category H: Mobility				
Hearing & Mobility Centre	91 Poole Road, Westbourne, BH4 9BB	01202 540852	http://www.hearingandmobility.co.uk/hearing-and-mobility-shops/bournemouth	10% off all mobility purchases £100 and over. 10% off selected digital hearing aids. Free hearing Test
Category I: Hair & Beauty				
Aphrodite Beauty Salon	14 Seamoor Road, Westbourne, Bournemouth, BH4 9AR	01202 760303	http://www.aphroditebournemouth.co.uk	10% off all services but not in conjunction with any other offer or discount
Athena Beauty & Nails - Holistic Health and Beauty Salon	155a High Street, Poole, BH15 1AN	01202 686858	www.athenapoole.co.uk	10% discount
Bizzy Nails - Nails & Beauty	1 Castle Street, Christchurch, BH23 1DP	01425 271011	https://www.facebook.com/Bizzy-Nails-315554115233678/	10% discount 5% with trainee
Blu Hairdressing	5 Haven Road, Canford Cliffs, Poole, BH13 7LE	01202 700485	http://www.bluhairdressing.com	10% discount off any service. (Not in conjunction with any other promotion, excludes children's cut and appointments with Salon Director)
DHD Hair & Beauty - Unisex	173 Alder Rd, Poole BH12 4AN	01202 900441	https://www.facebook.com/DHD-1518128255173839/about	20% discount
Eternity Beauty Clinic - Treatments with Francesca	83 Wimborne Road Bournemouth BH3 7AN	07766 834207	http://www.eternitybeautyclinic.co.uk	20% discount from the website price list

GOSH Mobile Hairdressing Unisex		07527 218534	https://www.facebook.com/goshmobilehair	15% discount on all services
Hair Lounge	3 St Catherines Parade, Fairmile Road, Christchurch, Bh23 2LQ	01202 485955		20% Discount
Hollywood Nails (Manicures, Pedicures, nail extensions)	73 Poole Rd, Bournemouth BH4 9BB	01202 765723		10% discount on all nail treatments and products
Identity (Hair & Beauty treatments)	319 Columbia Road, Bournemouth, BH10 4EQ	01202 527948		20% off all services
Indulge (Unisex Hairdressing)	7 East Howe Lane, Kinson, BH10 5HX	01202 900919	http://www.indulgestyle.co.uk	25% colour and cut treatment & 10% off cut & blow dry treatment.
John Pauls Hair Lounge	182 Seabourne Road, Southbourne, Bournemouth, BH5 2JB	01202 421902	http://www.jphl.co.uk	15% discount on all services with stylists Melinda or Carli
JPS Style (Ladies & Gents Hairdressing)	92 Ringwood Road, Poole, BH14 ORW	01202 677286	www.jps-style.c.uk	10% Discount
Microdermabrasion Bournemouth - Crystal Clear beauty treatment for face	2 Crantock Grove, Bournemouth, BH8 OHS	01202 300320	www.microdermabrasion-bournemouth.co.uk	20% off a 45 minute facial treatment
Natural Skin by Lynne Mobile Skin Consultancy & Make Up Artist	29A Kingsbridge Road, Bournemouth, BH14 8TL (do not display in pdf's)	07704 799866		A FREE pamper session with makeover in Dorset area - I come to you - so no need to travel
Orchid Therapies (Beauty & Complementary Therapies)	BH Live Active 51 Queens Park South Drive, BH8 9BJ	07796 270162	http://www.orchid-therapies.co.uk	10% Discount on Treatments
Pamper Me Do Holistic, Beauty & Nails	152 Pinehurst Road, West Moors, Dorset, Bh22 8UY	01202 929091	www.beautysalonferndown.co.uk	10% off all full priced treatments
Tranquil Moments - Massage/Beauty (Mobile Service or Salon)	Obsession - 296 Charminster Road Bournemouth BH8 9RT & Mobile Treatments	07956 986495		10-20% discount depending on treatment. Swedish Massage, Sports Massage, Indian head seated massage, reflexology, manicures, pedicures, waxing and tinting
Your Beauty @ DHD Hair & Beauty	173 Alder Road, Poole, BH12 4AN	01202 900441	https://www.facebook.com/DHD-1518128255173839/about	20% discount
Category J: Computer and Communications				
Reda Lyle (IT Teacher)	Flat 10 Mirage, 33 Shore Road, Poole, Dorset, BH13 7PJ	07546 146918	https://uk.linkedin.com/in/redaaboileishlyle	All age IT Teacher - Offering a 10% discount, dependent on volume

WCS Computing	Westwood Avenue, Ferndown, BH22 9HL	01202 862874 07818 016496	http://www.wcs-computing.co.uk	25% discount
Category K: Trades & Services - Members of the Buy With Confidence Scheme				
<p>Disclaimer on behalf of Dorset County Council, Bournemouth Borough Council, Borough of Poole and Worldwide Procurement Service UK Ltd (administrators of Carers Card and www.mycarerscard.co.uk) The Traders in this category are members of the Buy With Confidence scheme which is regulated by Trading Standards Services across the country.</p> <p>Please be aware that there are limitations to what Buy With Confidence can achieve, in particular: We do not guarantee the financial status of any business; Accept any liability for any goods or services provided by any business; Guarantee the quality or condition of any goods or services provided by any business; Guarantee that the price of goods and services supplied is competitive relative to any other business. Whilst we make every effort to ensure that members comply with the law we cannot guarantee that their work will never give rise to a complaint. However, should this be the case, any difficulties should be dealt with by the trader fairly and without undue delay.</p>				
Dorset Property and Drainage Solutions	89 Medway Road, Ferndown, BH22 8UR	01202 922911 or 07713 354675	https://www.dpds-drainage.co.uk	10% Discount
Kevin Watts Flooring Solutions	1 Hessary Street, Poundbury, Dorchester, DT1 3SF	01305 263929	www.kevinwattsflooringsolutions.co.uk	10% discount on non sale materials, on production of card only at beginning of transaction
Rees Evans Plumbing and Heating	23 Aston Mead, Christchurch, BH23 2SP	01202 483215		10% discount on labour charges
Solar Hot Water Panels	17 Mountjoy, Bridport, DT6 4JN	01308 425699	www.jimshearman.co.uk	20% off hourly rate ie £20/hr instead of £25
T P Pest Control Services	50 Harkwood Drive, Hamworthy, Poole, Bh15 4PE	01202 971741 or 07557 880872	http://tppestservices.co.uk	We offer a 15% discount on labour to all carers
W T Doe Tree Surgeon Ltd Tree Surgery, Landscaping, Fencing, Gardening	610 Blandford Road, Upton, Poole, BH16 5EQ	01202 631010 or 077587 30712	http://wt DOE.co.uk	10% discount from normal prices