

CARERS IN BEDFORDSHIRE DISCOUNT CARD



Welcome to this Directory that lists all the discounts that we have secured for you in Bedfordshire from a wide range of local and national businesses. There should be something for everyone!

All you have to do is show your card or mention you have a card when ordering over the phone. The person you care for does not need to be with you. You may need to quote a discount code for offers online. The discount may only apply to a local branch of some national businesses.

A listing in this directory does not mean that Carers in Bedfordshire is recommending or endorsing any of these products, services or businesses.

Please check the Carers in Bedfordshire website for the latest discounts – we are always adding new ones!

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Food and Drink

Amalfi Cakes Italian style cakes, celebration cakes, hot and cold food and drink	10% discount excluding sugar works 87-91 Tavistock St, Bedford, MK40 2RR 01234 910780 cakes@amalfipasticceria.co.uk www.amalfipasticceria.co.uk
Arcadia Sweet shop Confectionery, retro sweets and hampers	10% discount 11 The Arcade, Bedford, MK40 1NS 01234 352322 info@arcdiasweetshop.com www.arcdiasweetshop.com
Barns Hotel restaurant Restaurant	10% discount on food and beverages when booked in advance. Cannot be used with any seasonal events. Mention you hold a carers discount card Cardington Road, Bedford, MK44 3SA 01234 270044 www.barnshotelbedford.co.uk
Caffe Crema Coffees, teas, paninis, hot dishes and salads	20% discount 59 High Street, Bedford, MK40 1RZ 01234 330518 / 07450 211028
The Five Bells, Henlow Pub food and drinks available.	10% discount on food orders 101 High Street, Henlow, SG16 6AE 01462 811125 www.thefivebellshenlow.co.uk

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<p>Gallones Ice creams, hot desserts, coffees, teas</p>	<p>10% discount 1-2 The Arcade, Bedford, MK40 1NS 07804 655021 www.gallonesicecreams.co.uk</p>
<p>Gunns Bakery Provides bread, rolls & cakes Opening hours 7.30am-3pm Monday - Saturday</p>	<p>10% discount on bread, rolls and small cakes High Street, Bedford, MK40 3RZ Hitchin Street, Biggleswade, SG18 8AX Market Square, Sandy, SG19 1HU 01234 344 454</p>
<p>Kiosk in Russell Park Hot and cold drinks. Tasty homemade snacks and cakes</p>	<p>Buy one hot drink, get your second free! The Kiosk, Russell Park, Bedford, MK40 3SA 01234 271877 www.kiosk.attheparkbedford.co.uk</p>
<p>Lister Hospital Staff coffee lounge and restaurant</p>	<p>10% off excluding Costa Coffee products Lister Hospital, Corey Mill Lane, Stevenage, SG1 4AB</p>
<p>Mount Pleasant Golf Club Fairway Bar & Bistro Open to the public. Good quality traditional homemade food served daily btw 9am and 3pm</p>	<p>10% discount on food (Note max 4 people per visit) Mount Pleasant Golf Club, Station Road, Lower Stondon, SG16 6JL 01462 810104 www.mountpleasantgolfclub.co.uk</p>

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<p>Nazar Authentic Turkish Cuisine</p>	<p>20% discount. Dinner only excluding drinks</p> <p>17 High Street, Bedford, MK40 1RN 01234 954 147</p> <p>reservations@nazarturkishrestaurant.co.uk www.nazarturkishrestaurant.co.uk</p>
<p>Pavillion Bedford Park Simple British cuisine from locally sourced fresh ingredients</p>	<p>Buy one hot drink, get your second free</p> <p>The Pavilion, Bedford Park, Bedford, MK41 7SS 01234 351104</p> <p>www.Pavilionattheparkbedford.co.uk</p>
<p>Sorelli Italian cuisine café</p>	<p>10% discount (excl. alcohol)</p> <p>1 High Street, Leighton Buzzard, LU7 1DN 01525 374449</p>
<p>Surfin Café A great place to meet, relax, eat, grab a coffee. Both indoor and outdoor seating.</p>	<p>20% discount</p> <p>3-4 Market House, Biggleswade, SG18 8AQ 01767 220581</p>
<p>Wiltshire Farm Foods Provides a frozen meal home delivery service. Has a range of over 300 delicious dishes</p>	<p>£5 discount on your first order of over £20</p> <p>Quote code WFFCP 01525 242220</p> <p>www.wiltshirefarmfoods.com</p>

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Hair and Beauty

Ali Barber Traditional barbers, wet hot towel shave, eyebrow threading, head massage, health and wellbeing.	20% discount 1a Hockliffe Street, Leighton Buzzard, LU7 1HG 07429 177213
Beyond Beauty Beauty services including shellac nails, nail extensions, hd brows, facials, waxing and more.	10% discount (excl tanning) 27 Hitchin Street, Biggleswade, SG18 8BE 01767 312630
Flitwick Hair & Beauty Hair, beauty and nail salon	20% discount 36 Brooks Road, Flitwick, MK45 1BX 01525 715086
Joyce Jerome Hairdresser Haircuts, colours and styles, nhs approved wig supply. Home based salon in Sandy	25% discount 30 St Swithuns Way, Sandy, SG19 1BG 01767 692973
Red Hairdressing	10% discount on any full price service 47 High Street North, Dunstable, LU6 1JE 01582 663222
Rinaldis Colouring, styling, perms, cutting and loyalty card after services	20% discount 2 Queen St, Bedford, MK40 2HA 01234 210302
The Gossip Beauty salon and nail bar	20% discount on beauty treatments 28 Waterbourne Walk, Leighton Buzzard, LU7 1DH 01525 838224

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<p>Toni & Guy Hairdressing</p>	<p>20% discount on all full price services Monday - Thursday</p> <p>30 Waterborne Walk, Leighton Buzzard, LU7 1DH 01525 379067</p>
<p>A Touch of Class Offering an in-salon organic hair treatment with any haircut and blow dry.</p>	<p>Free (usually costs £10)</p> <p>4 Bridge Street, Leighton Buzzard, Bedfordshire, LU7 1AL 01525 854273 www.atochoclasshair.com</p>
<p>Younique by Nikki Bring out your natural beauty, and fall head over heels with Younique today</p>	<p>10% discount off any order placed at nicolajudd1977@gmail.com and paid by paypal</p> <p>5 Foster Grove, Sandy SG19 1HP 07392 302202 www.youniqueproducts.com/njb</p>

Health and Wellbeing

<p>Annette Piper Therapy 1:1 confidential, non-judgemental counselling, tailored to your individual needs.</p>	<p>20% discount on all fees</p> <p>11 Falldor Way, Ampthill, MK45 2GD 01525 791311 / 07956 573975</p>
<p>Anytime Fitness Corporate rates for gym membership</p>	<p>Corporate Rates</p> <p>Billington Road, Greater Billington, Leighton Buzzard, LU7 9HH 01525 308646 www.anytimefitness.co.uk</p>

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<p>Astara Holistics & Beauty Based in Shefford, Beds. Run by Diana Fensome (IHBC & IIHHT) A mobile service is available</p>	<p>20% discount on Eve Taylor Facials, Reiki, Swedish, Aroma, Hot Stones, Himalayan Salt Stone and Indian Head Massage. Thai Foot Massage, Waxing, Nail Treatments and more. 07745 325365 di.astaraholistics@gmail.com www.astaraholisticsandbeauty.co.uk</p>
<p>Avani Holistics & Beauty Full range of holistic therapies from reiki and massage, to beauty treatments, shellac gel nails and waxing.</p>	<p>10% discount The Rufus Centre, Room 15, Steppingley Road, Flitwick, MK45 1AH 07843 018020</p>
<p>Bedford Physiotherapy Centre All physiotherapists are chartered and members of the Health Profession Council. Experience in dealing with the NHS and self-referrals.</p>	<p>Clubrate discount on Sports Injuries, Post Operative Rehabilitation, Ergonomics/Postural Assessment & advice, Exercise Programmes, Work Related Stress Disorder, Electrotherapy, Acupuncture, Relax Therapy, Neurological Rehabilitation, Chronic conditions, advice and pain relief. 31 Chiltern Avenue, Bedford, MK41 9EQ 01234 266222</p>
<p>Christina Cherry Healing Includes, Therapuetic Indian Head Massage, Sound Healing, Reconnective Healing, Access Consciouness Bars all to help you detox, de-stress and help physical, mental or emotional healing.</p>	<p>50% discount on therapies for carers (Normally £40) 07913 405007 christinacherryhealing@gmail.com www.christinacherryhealing.co.uk</p>

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<p>Dermatherapy Our therapeutic bedding is clinically proven for night sweats, sensitive skin conditions, acne and pressure sores. The sheets are also anti-microbial protected and dust mite proof.</p>	<p>10% discount on pillow cases, sheets, duvet covers and all in one sleep sac (ideal for travel use).</p> <p>01462 346100 www.dermatherapybedding.co.uk and use code CARER10 in the coupon code box.</p>
<p>Etherserene Hot stone massage, Deep tissue massage, Indian head massage, Facial, Swedish massage</p>	<p>20% discount on Face the World facials, Swedish, Hot Stone, Deep Tissue and Indian Head Massage</p> <p>07463 382370 Potton Bedfordshire www.facebook.com/etherserene</p>
<p>Harley Holistics & Beauty Massages, facials, reflexology, hot stones, manicures and pedicures.</p>	<p>20% discount</p> <p>Victoria Harley IHHHT IHBC FHT</p> <p>15 New Street, Shefford, SG17 5BW 01462 816458</p>
<p>Harmony at Heart Reflexology, Indian head massage, aromatherapy massage, facials, hot stone therapy and massage. Mobile service to all areas around Biggleswade.</p>	<p>20% discount on all treatments plus package deals and discounts combined.</p> <p>53 Manor Place, Upper Caldecote, Biggleswade, SG18 9DA 01767 220958 / 07803 426410</p>
<p>Just Bliss Holistics All treatments are carried out by fully insured & qualified therapists, in relaxing, comfortable and peaceful surroundings.</p>	<p>10% discount on reflexology, all massage, facials, reiki, crystal healing, and more.</p> <p>21b High Street, Sandy, SG19 1AG 01767 682337</p>

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<p>Leanne Howard Holistic Therapist A variety of massage therapies available including Swedish, deep tissue, lymphatic drainage, aromatherapy, Indian head and reflexology, reiki, pregnancy and baby massage. Also sports pre & post massage, bespoke massage and facials.</p>	<p>10% discount Willington 07773 674242</p>
<p>Lotus Spa, Bedford Swan Hotel Luxurious comfortable spa open to the general public. Offers a wide range of treatments and spa days.</p>	<p>20% discount on any treatment Monday – Friday Swan Hotel, The Embankment, Bedford, MK40 1RW 01234 369 910 Lotus.spa@bedfordswanhotel.co.uk www.lotus-spa.co.uk</p>
<p>Lubbly Bubbly Holistic Therapy and Bath Bomb Parties</p>	<p>20% discount on all holistic therapies, pregnancy massage, shoulder, neck and back, full body massage 13 High Street, Hitchin, SGS 1AT 07493 281148 www.Lubblybubbly.co.uk</p>
<p>Oxalis Osteopathy Osteopathic treatment bedfordintegrativehealth.co.uk/osteopathy</p>	<p>£10 off initial consultation and £5 off follow-ups 66-68 St Loyes Street, Bedford, MK40 1EZ 01234 409538</p>

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<p>Pumpernickel Health food, vitamins and minerals, essential oils</p>	<p>10% discount on supplements and herbal remedies, excluding existing discounts</p> <p>7 The Arcade, Bedford, MK40 1NS 01234 348179 Waheedackhtar868@gmail.com www.pumpernickel-online.co.uk</p>
<p>Rosehill Pharmacy</p>	<p>10% discount (on any product on the shop floor or behind the counter, excl. prescriptions and £1 offers)</p> <p>41 High Street, Leighton Buzzard, LU7 1DN 01525 373391</p>
<p>Sarah Polack Cognitive Behavioural Therapy to adults. Cognitive Coaching to parents/carers of a child with autism</p>	<p>10% off initial session fee for CBT or Cognitive Coaching Based in Biggleswade. Home visits to some areas</p> <p>07539 678118 spcognitivecoach@gmail.com www.spcognitivecoach.co.uk</p>
<p>Suzanne Edgington Holistic therapist & body worker</p>	<p>15% discount</p> <p>01234 870236 / 07802 864275 suzyedge@btinternet.com www.suzanneedgington.co.uk</p>
<p>Wholefoods Bedford Health foods with natural & organic grocery items, housewares & other eco-products</p>	<p>10% off all items in store, minimum spend of £5. Excludes Pomi-T products</p> <p>1 Thurlow Street, Bedford, MK40 1LR 01234 219618</p>

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Household

All Seasons Dry Cleaners Dry cleaning, laundry, alterations, repairs, delicate cleaning, suede and leather, same day service.	10% discount 4 High Street, Leighton Buzzard, LU7 1EA 01525 854900
Bedford Alterations A professional dress alterations, clothing repairs, tailoring service and made to measure curtains.	10% discount on any alteration 111 Castle Road, Bedford, MK40 3QX 01234 300459 www.bedfordalterations.co.uk
Discount Home Textiles <small>new July 2018</small> Bedding, curtains, soft furnishings, bedcode carers5 frames, mattresses and bedroom furniture. UK wide delivery	5% discount on all online orders using 0161 2228891 discounthometextiles@gmail.com https://discounthometextiles.co.uk/
DJ Plumbing & Heating Solutions Plumbing and heating service engineer, painter and decorator, plasterer, kitchen, bathroom and home improvement specialist.	10% to 25% discount on all services 10% off all building services 25% off all plumbing and heating 16 Newstead Way, Bedford, MK41 8RH 07522 864987 / 07792 124 918 djplumbingandheatingsolutions.co.uk
Four Seasons Dry Cleaners	10% off all dry cleaning 34 High Street South, Dunstable, LU6 3HA 01582 699860
Goldings of Bedford Ltd Specialises in kitchenware, model kits, fireworks, ironmongery and garden wares. Key cutting service.	10% discount 107 High Street, Bedford, MK40 1NE 01234 352321

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<p>M&M Properties Independent estate agent Residential property sales, property lettings and management services and financial services.</p>	<p>10% discount 3a Station Square, Flitwick, MK45 1DP 01525 715577 sales@mandmproperties.net www.mandmproperties.net</p>
<p>Rawlings Structural Engineering Ltd Domestic alterations, surveys and commercial developments.</p>	<p>10% discount on fee proposals Free initial consultation 01525 306530 keith@rawlings.uk.net</p>
<p>TC Kitchens Designing, supplying and installing kitchens.</p>	<p>10% discount on kitchen installations Heritage Court, 27 Parmitter Way, Amphill, MK45 2RG 01525 404404 www.tc-kitchens.co.uk</p>
<p>Timpson Ltd Shoe repairs, key cutting, engraving jewellery, watch repairs and dry cleaning.</p>	<p>15% discount 21 High Street, Biggleswade, SG18 0JE 01767 312248</p>
<p>Unforgettable – new July 2018 Products that help people living with dementia and memory loss</p>	<p>10% discount off your first order with Unforgettable. Use the code WELCOME10. 0203 322 9070 steven@unforgettable.org steven@unforgettable.org</p>
<p>Vision Blinds Curtains, blinds and awnings</p>	<p>15% discount The Quest, Amphill Road, Houghton Conquest, Bedford, MK45 3JJ 01234 741633 www.visionblinds.co.uk</p>

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Other

Jam Crackers

IT support for businesses

15% discount

0800 955 8041

info@jamcrackers.co.uk

www.jamcrackers.co.uk

Legal and Financial

Joda Services – new July 2018

Bookkeeping and Accountancy services. Self-Assessments, Payroll, General Bookkeeping for businesses of all sorts and sizes including VAT Assessment and filing.

10% discount for all services, including recurring fees, to all Carers card holders

01234 864160

david@jodaservices.co.uk

www.jodaservices.co.uk

Tollers Solicitors

Specialised lawyers working on Wills, Power of Attorney, buying and selling your home and obtaining probate. We offer friendly face-to-face advice as well as free home visits.

10% discount on wills, powers of attorney and deputy orders, buy & selling your home

01234 857014

Quoting CP02

Zass Solutions Ltd – new July 2018

Local, friendly and approachable accountants offering assistance to small businesses/self-employed/landlords. Accounts preparation, Tax returns and Business Planning. Home visits available.

10% off all services provided

07921 945847

Zass.solutions@gmail.com

Leisure

Butlins Privilege Holiday Club

We believe a beautiful ocean, fresh sea air and plenty of space to play are the essential ingredients of a brilliant family break.

£20 discount, extra 5% discount on group bookings

0330 1025286 and quote QQ142 and the Privilege Holiday Club.

On phone bookings only. It will not be recognised if you book online.

Do not mention the code is for a Carers discount card scheme as their staff are not aware of this.

Direct Holiday Homes

Caravan holiday let
Isle of Wight

10% discount and £10 donation to Carers in Beds with each booking

07941 426 366

Cookalan2341@yahoo.co.uk

www.directholidayhomes.co.uk/3669

Fran Dog Walker

Dog walking, pet sitting, pop-in visits. Bedford, Clapham, Bromham, Great Denham, Sandy, Potton, Kempston, Willington.

10% discount

07902 771849

<p>Fusion Bedford Kempston Pool (01234 843777), Oasis Beach Pool (01234 272100), The Bunyan Centre (01234 364481).</p> <p>Call your chosen centre for more information on booking and other requirements.</p>	<p>20% discount A Fusion Bedford card will also be issued to you. The discount does not apply to events or activities run by other providers at these Fusion centres</p> <p>Class spaces are subject to availability and cannot be booked in advance.</p> <p>Anyone under 8 years old must be accompanied by an adult. Under 16s cannot attend exercise classes</p>
<p>Haven With 35 holiday parks around the UK coastline, featuring wonderful entertainment, leisure facilities, including pools, golf courses, restaurants, musical shows.</p>	<p>10% off 0333 2025423 quoting CH_BEDS to receive your special discount.</p>
<p>Hidden Talents Oil Painting Classes</p>	<p>20% discount off group classes. £5 off two to one classes and one to one classes. Marston Moretaine, Bedford 07955 281474 www.hidden-talents.co.uk</p>
<p>John Bunyan Community Boat A cruise on the river Ouse - gives you a completely different view of the town.</p>	<p>Concessionary rates when accompanied by the person you care for</p> <p>Bedford & MK Waterway Trust 0330 1239 511 www.johnbunyanboat.org</p>

Virgin Experience Days

Treat your loved ones, or even yourself to an indulgent treat, fantastic day out, or a once-in-a-lifetime experience!

20% discount on all full priced experiences

0844 5040844 and quote carers in beds

www.virginexperiencedays.co.uk/carersinbeds

Walkwise – new July 2018

Dog walking and pet sitting including holiday sitting

15% discount on services

07813 673628

suzanne_chidley@yahoo.co.uk

facebook/walkwise

Warner Leisure Hotels - Privilege Holiday Club Membership

Hotels and villages throughout the UK.

Privilege Holiday Club members receive savings of up to £350 per room, plus an extra £10pp off per break, half price holiday protection plan, deposits of only £65 per person, no booking fees, no credit card charges.

Free Privilege Holiday Club membership

0333 2020304 quoting PHCOFFER

www.warnerhotels.co.uk/phc

Retail

Flitwick Jewellers Engagement, wedding and eternity rings, branded silver jewellery and watches.	10% discount (excl Thomas Sabo, Trollbeads, repairs, batteries and watch straps) 1 Station Road, Flitwick, MK45 1DP 01525 712597
Harrisons Jewellers To locate and find out more about your local store, visit our website.	10% discount on jewellery excluding Pandora, watch batteries, straps and sale items www.harrisonsjewellers.co.uk
Hogies Online Providers of discounted health and beauty products delivered straight to your door.	15% discount on all orders, all with free UK delivery www.hogiesonline.co.uk and use the coupon code CIB15
Marisa Helene Independent ladies fashion retailer. Individual taste and style.	15% discount 2 Friday Street, Leighton Buzzard, LU7 1AN 01525 383534
Pedalworks Bikes, components, clothing, bike fitting, wheel building, suspension servicing, nutritional advice and training programmes.	10% discount (excluding nutrition) 5-7 West Street, Dunstable, LU6 1SL 01582 478070
Rubies Shoes Shoes, handbags, jewellery, umbrellas, scarves, etc.	10% discount 7 North Street, Leighton Buzzard 01525 851377

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<p>Simi and Lola Clothes Traditional Spanish children clothing, adults clothing, gifts, handmade jewellery and accessories</p>	<p>10% off non-sale items 01234 589752 www.simiandlola.com</p>
<p>TK Furniture Selling furniture and interiors</p> <p>We also offer VAT exemption refund on qualifying products.</p>	<p>10% discount on beds, carpets and mobility needs. 3 Hockliffe Street, Leighton Buzzard, LU7 1HG 01525 854668 www.tkfurniture.com</p>
<p>To Have & To Hold Jeweller Exciting designs and bespoke orders.</p>	<p>10% discount 1a High Street, Leighton Buzzard, LU7 1DN 01525 377706 info@to-have-and-to-hold.co.uk www.to-have-and-to-hold.co.uk</p>

Transport

BS Motors

Services offered are: servicing, MOT, mechanical repairs, air-conditioning, tyres, exhausts and 4 wheel alignment.

10% discount on standard MOT, servicing, labour and service parts (excluding main dealer parts)

Unit 3, 1 Stockton End, Sandy,
SG18 1SB

01767 682206

www.bsmotors.com

John R Ford & Sons Ltd

Ford retail dealership. New & used cars, MOTs, services, repairs and tyres. Can provide new cars under the Motability Scheme.

10% discount on servicing and repairs only (conditions apply)

11 Ampthill Road, Shefford,
SG17 5BE

01462 628628 (aftersales)

01462 629629 (car sales)

M&DH Executive Chauffeurs

Provides chauffeur driven executive cars. Covers Bedfordshire

10% discount

0800 056 2333

gary@mdh-executivechauffeurs.co.uk

Young Carers Offers

Birds of Prey Centre

One of the largest birds of prey centres in the UK. Over 300 birds to see.

Free entry for young carers

This discount is for Young Carers only. Parents or other adults accompanying them who hold a carers discount card are not eligible for free entry under this scheme.

The English School of Falconry,
Herrings Green Farm, Cotton End
Road, Wilstead, MK45 3DT

01767 627527

Falconery.centre@btconnect.com

Cafe Kidz

Adventure play for 0-7 year olds. Air conditioned, indoor soft play area designed specifically for the under 7s. Café serves cakes, muffins, snacks and coffee. Wide variety of lunchtime options.

Half price entry

Unit 2, Kingsfield Road, Biggleswade,
SG18 8AT

01767 600289

info@cafe-kidz.co.uk

Kids World

Soft play paradise for energetic kids with cafe and laser games.

20% discount on child entry fee

9 Kingsway, Bedford, MK42 9AX

01234 326309

www.kidsworldbedford.co.uk

Snakes & Ladders

Massive three tier play frame, slides, tunnels, ball ponds and rope climbs. Huge dedicated zone for under 5s, dino den, construction zone and home area. Comfortable sofas and cafe area.

£1.75 entry

Blackburn Road, Houghton Regis,
Dunstable, LU5 5BQ

01582 660111
