

# CarersMK

## Carers Discount Card Business Directory



01908 231 703

[mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org)

[www.carersmiltonkeynes.org](http://www.carersmiltonkeynes.org)

**Dedicated to supporting carers**

Registered Charity No. 1116804

## Lloyds Pharmacy

LloydsPharmacy

10% off

All Lloyds Pharmacies in Milton Keynes are offering **10% off** on all products excluding codeine based products, NHS or private prescriptions, infant formula milk, nappies and mobile phone top-up cards. Not available with any other coupon promotions. Exclusions will apply on some products on promotion. Present the discount card to claim discount.

## Virgin Experience Days



20% off

Get **20% off** all full priced Virgin Experience Days. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount.

## Butlin's Privilege Holiday Club



£20 off

Enjoy the best of Butlin's and our best web deals, plus an **extra £20 off** or an **extra 5% off** on the group bookings. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount.

## Arriva Shire Bus Travel

£20 off

Arriva's Employer Travel Club will help carers get **10% off** on their bus travel to work and during their leisure time. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount.



## Holiday Inn Milton Keynes

500 Saxon Gate, Milton Keynes, MK9 2HQ



Holiday Inn

10% off

Book accommodation in either a standard/executive with breakfast on a Friday, Saturday or Sunday night and you will **15% off** our Best Flexible rate. Leisure club, indoor swimming pool, restaurant & bar are included. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount. [www.himiltonkeynes.co.uk](http://www.himiltonkeynes.co.uk)

## Haven Holidays

5% or 10%

Get savings of an **extra 5%** on English school & bank holidays and an **extra 10%** on all other dates when booking one of 36 award winning holiday parks throughout England, Wales & Scotland. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount. [www.haven.com](http://www.haven.com)



## The Swan Inn

Broughton Road, Milton Village, MK10 9AH

20% off

**20% off** your food bill valid Monday - Friday for up to 6 guests. Not valid in conjunction with any other set menu offer. Show your discount card to the waiter to claim discount.

## bakeit freefrom

bakeit freefrom<sup>®</sup>  
allergen free home baking kits

**10% off**

Online business selling home baking cake kits which are free from wheat, gluten, eggs, dairy, peanuts, nuts, soya and sulphates. Full of great taste & natural ingredients which are organic wherever possible. Cake kits include all of the ingredients to make the cake & items such as cake tin liners & skewers - no additional shopping is required.

Cake kits are usually posted but if buyers can come to Amphill we can make arrangements to meet up & hand over the kits.

Carers with a discount card can get **10% off** the cost of any cake kit. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount. [www.bakeitfreefrom.com](http://www.bakeitfreefrom.com)

## Fitness Freedom Milton Keynes

Brickhill Street, MK15 0DS



**10% off**

All inclusive gym membership. Gym, Swim & take part in classes for just **£19.99 per month** (normally £30) with no joining fee. Offer also extends to any friends & family added to the lead membership. For all enquiries please call 01908 295690 or email [miltonkeynesenquiries@freedom-fitness.org.uk](mailto:miltonkeynesenquiries@freedom-fitness.org.uk)

## Prime Shine

**25% off**

Milton Keynes' leading cleaning company, looking after all types of internal & external cleaning. We can clean windows & frames, gutters, carpets, housekeeping, pressure washing etc. Visit [www.prime-shine.uk](http://www.prime-shine.uk) for full services. To claim **25% discount** on one of their services, refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount.

## Tollers Solicitors

Moorgate House, 201 Silbury Blvd, MK9 1JL

**10% off**

We understand that your loved ones are special to you and that caring for them can be a difficult and emotional responsibility. Getting your legal affairs in order can make things much easier for them and for you. Our specialist team of qualified lawyers offer friendly, face-to-face advice which is tailored to your needs. **10% off** wills, Powers of Attorney and Deputy Orders. **10% off** buying or selling your home. Our conveyancing team offers an efficient, quality service to ensure that your transaction proceeds smoothly to completion. To claim your discount, present discount card when attending initial meeting at the office. Call 01908 396230 or visit [www.tollers.co.uk](http://www.tollers.co.uk)

## Profound Health

**10% off**

Receive **10% off** on up to 3 appointments when you book in for therapy. My name is Tanya Brown and I am based in Milton Keynes offering Clinical Hypnotherapy and BrainWorking Recursive Therapy® for a wide range of mental and emotional challenges: anxieties, fears, phobias, panic attacks, self confidence, trauma, grief, sadness, depression, guilt, anger, weight loss, stop smoking, addictions and plenty more. If you'd like to know more call 07813 096643 for a free confidential consultation. Find out more at [www.tanyabrown.co.uk](http://www.tanyabrown.co.uk) The discount will be applied when appointments are paid for, which is by cash or cheque on the day or via bank transfer prior to appointments.

## Champneys Milton Keynes Day Spa in Boots

**10% or 15%**

Treatments including massages, exfoliations, facials, waxing, lash extensions, tans, manicures/ pedicures and gel manicure/ pedicures. **15% off** on Champneys treatments & products. **10% off** on branded treatments & products. Show discount card at the day of your treatment. Cannot be used in conjunction with any other offers. 01908 239883, miltonkeynes@champneys.com or [www.champneys.com](http://www.champneys.com)

## Driving Zone

**Reduced rate**

Driving tuition in a manual gearbox car at a reduced cost of **£19 for 1 hour**, **£28 for 1 1/2 hours** and **£37 for 2 hours**. The car is fully insured for tuition & tests, dual controls for your safety. Discount card has to belong to person learning to drive. Show discount card on the first lesson. Contact Stephen Lewis on 01908 605156 or 07875 095126. [www.drivingzone.co.uk](http://www.drivingzone.co.uk)

## Warner Hotels

**Reduced rate**

**Savings up to £350** per room plus an **extra £10 off** per break, **half price** holiday protection plan and deposits of only £65 per person. Every Warner break includes breakfasts & 3-course evening meal and full use of leisure facilities. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount. [www.warnerhotels.co.uk/phc](http://www.warnerhotels.co.uk/phc)

## The Sharpening Company

**10% off**

Tool sharpening service specialising in items such as hairdressing & grooming scissors, clipper blades, knives, chisels and gardening equipment. To get **10% off** refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount. [www.thesharpeningcompany.co.uk](http://www.thesharpeningcompany.co.uk)

## Zen Gardens

**10% off**

326 Midsummer Blvd, Milton Keynes, MK9 2EA

Using authentic oriental recipes, we have given a lot of thought to selecting more than one hundred dishes traditionally believed to have a beneficial effect on health. To claim **10% off** the lunchtime menu from Monday - Thursday, present the discount card to the waiter. For more information call 01908 668888 or visit [www.zengardenoriental.co.uk](http://www.zengardenoriental.co.uk)

## DW Roberts Opticians

**10% off**

Present your card to claim **10% discount** on complete spectacle purchases (frames and lenses) at any of our 5 practices located in Bletchley, Newport Pagnall, Stony Stratford, Towcaster and Wolverton.

## Eco Clean

**£25**

Offering a discounted house clean for **£25**. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount.

## Pictons Solicitors

Reduced rate

Receive a range of discounts on Residential Properties (buying, selling or re-mortgaging your home), Family & Mediation Services, Wills, Trust & Probate. Refer to your Business Directory which accompanied your discount card or call 01908 231703 for details on how to get the discount.

## Elizabeth Rabone Holistic Therapy

10% off

**10% off** any treatment (reflexology, massage, aromatherapy, Indian head massage). Mention the discount card when booking and present at appointment.

## Heartfelt Nutrition

10% off or £20 off

**10% off** on a 1:1 nutritional therapy consultation. **£20 off** a 1 hour healthy eating consultation. Mention the card when booking and present it when paying.

## PureGym Milton Keynes

Snowdon Drive, Milton Keynes, MK1 7BP

No joining fee

PureGym is a gym facility that operates 24/7 365 days a year. **No joining fee on memberships**. Email [callum.bontrhone@puregym.com](mailto:callum.bontrhone@puregym.com) with PGB access code. Visit [www.puregym.com](http://www.puregym.com) for more information.

## Moonflower Wellbeing

10% off

Caring for yourself is one of the most important, and one of the most often forgotten, things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit too. **10% discount** is offered on all Reiki treatment, Life Coaching and Counselling appointments. Mention the discount card when booking and present it when paying. Visit [www.cindymoonflower.co.uk](http://www.cindymoonflower.co.uk) for more information or call Cindy on 0797 4443363.

## Inspiring Minds

£30 per session

Counselling, stress management, educational psychotherapist assessments & workshops. Mehtab & Carolyn are both experienced BACP registered counsellors, run the Managing Stress workshops for Carers MK, and have extensive experience of counselling carers. Carers aged 18+ with a discount card can get a reduced rate of **£30 per session** for private counselling. To book a session, call Mehtab Culling on 07919 575673 (Shenley Leisure Centre) or Carolyn Jones on 01296 712608 (West Bletchley WellBeing).

## La Tasca Milton Keynes

11a Xscape, Avebury Blvd, Milton Keynes, MK9 3XS

20% off

To get **20% off** your food bill when dining from the main menu, show your discount card upon arrival. Cannot be used in conjunction with any other offer, discount or set menu. Sunday to Friday only.

## ACT for wellbeing

20% off

One-to-one counselling for adults with BACP registered counsellor face to face or via the Internet.

ACT Now is six 1-hour long structured personal sessions of one-to-one help with well-being which carers can get at a discounted price of **£150** (normally £180).

One-to-one counselling, **3rd session free** for discount card holders. Price £30 per session face to face and £20 per session via the Internet.

To claim discount, present the discount card. For more information call Wendy on 07765 540904, email [wendys.counselling@gmail.com](mailto:wendys.counselling@gmail.com) or visit [www.wendyscounselling.co.uk](http://www.wendyscounselling.co.uk)

## Jane Russell Photography

50% off

Receive **50% discount**, so a family portrait for £65, up to an hour, including disc of images and a 5X7 print. To claim the discount call Jane on 07973 313711 or email [jarphotographer@gmail.com](mailto:jarphotographer@gmail.com) and show the discount card. To find out more visit [www.jarphoto.co.uk](http://www.jarphoto.co.uk)

## Messenger Financial Management

50% off

Estate planning & financial management. We provide the following services to our clients; Will Writing, Disabled Persons Trust, Power of Attorney, Property Protection Trust, Funeral Plans and Storage of Legal Documents. Our network of Associated Advisers also offer; Mortgage Advice, Personal Insurance Advice, Pension & Investment Advice and General Insurance Advice.

**50% discount** on all products displayed on our website to carers and spouses/partners. Call 02476 325863 to book an appointment and quote the code **CARERMK**.

Carers contact our main office on 02476 325863 where they can purchase the initial appointment to create their basic will and identify any other needs. The carer should inform the team at the time of booking that they are a carer using the code: **CARERMK**. This will reduce the price of the appointment by the offered 50%. [www.mfm-uk.com](http://www.mfm-uk.com)

**Carers MK will be constantly updating the business directory as more businesses sign up to our scheme so please visit [www.carersmiltonkeynes.org/carersmk-discount-card](http://www.carersmiltonkeynes.org/carersmk-discount-card) for the most current list.**

**Carers MK is dedicated to supporting family carers in Milton Keynes. We can help by providing emotional support, practical advice and help with things such as planning for an emergency, welfare benefits, power of attorney and support groups. For advice, information or just someone to speak to who understands your situation please call 01296 231703 or email [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org)**



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