



Hackney Carers Card

Shops and Leisure Centre Guide



Hackney Carers Helpline: Telephone: 020 8356 5054
Email: carers@hackney.gov.uk

Opening Times: 8am to 8pm, Monday to Friday and 9am to 1pm Saturday.



Welcome to the Hackney Carers Card

The value of unpaid support that carers provide has now reached £87 billion a year. One in eight people are carers, around 6 million people.

With around 18,000 carers looking after people who live in Hackney, the Council together with Voluntary and Health partners, have been working with carers to develop the Carers Strategy and Action Plan.

Part of the Carers Strategy is the Hackney Carers Card scheme where carers can receive shopping discounts at participating retailers, and enjoy concessionary rates at Hackney leisure centres.

Who can have a Hackney Carers Card?

Carers, aged 18 years and over, who provide care for a Hackney resident, aged 18 years and over, can apply for a free Hackney Carers Card. Carers do not have to be receiving Carers Allowance to apply for a Hackney Carers Card.

A carer is someone who provides regular, unpaid help for a relative or friend who is frail, disabled or suffers from an illness.

'Care workers' are those paid to care for others and they are not entitled to the card.

Discounts

This Shop and Leisure Centre Guide lists all the places where you can use the Hackney Carers Card.

Retailers

The Hackney Carers Card gives you discounts at many local businesses in Hackney. We recommend that carers check with participating retailers/businesses before ordering or making any purchases as the discounts/concessionary rates may have changed.

If you are a retailer and would like to join the scheme, please contact the Hackney Carers Helpline for more details.

Leisure Centres

The Hackney Carers Card gives you concessionary rates in Hackney Leisure Centres, which are: Kings Hall Leisure Centre, Britannia Leisure Centre, Clissold Leisure Centre, London Fields Lido, Queensbridge Sports & Community Centre and Stoke Newington West Reservoir Centre.

Card holders will be required to take their Carers Card into the Leisure Centre, where they will need to register with GLL and receive a new card. There is no contract, but there are two options available. On presentation of your Carers Card to a Hackney Leisure Centre you qualify for either:

1. Pay & Play Concessionary Membership: Ideal for the occasional user. Simply pay a low annual membership fee of £1.10 and then pay for activities at a discounted rate as and when you use them. Please note this is an off-peak membership. Off-peak time applies Monday-Friday 9.00am-5.00pm and weekends and non pool activities after 1.00pm. Times and courses may vary during school holidays and bank holidays. Please check with the leisure centre directly.
2. Prepaid Concessionary Membership: This membership gives you the freedom to use Hackney Leisure Centres without paying each time you visit. Simply pay a monthly Direct Debit of £21.20 and enjoy unlimited use of a variety of activities within Hackney Leisure Centres during off-peak times. Off-peak time applies Monday-Friday 9.00am-5.00pm and weekends and non pool activities after 1.00pm. Times and courses may vary during school holidays and bank holidays. Please check with the leisure centre directly. There is no contract and you can cancel at any time.

The Hackney Carers Card also allows free access to Hackney Leisure Centres for the card holder if attending purely to support the person they are caring for. The card does not allow free access if the bearer attends independently of their cared-for person.

More information can be gained directly from the Leisure Centres and the Membership Advisors will talk through the best option for each individual. If you have any feedback, queries or problems using the Hackney Carers Card, please contact the Hackney Carers Helpline on 020 8356 5054 Monday to Friday 8am to 8pm, Saturday 9am to 1pm.



Leisure and Entertainment

The Bay Health Club

1st Floor, 183 Stoke Newington High Street, Stoke Newington, N16 0LH

Tel: 020 7241 2122

www.thebayhealthclub.co.uk

75% off the joining fee plus a 10% reduction off the monthly fee. We also offer an induction or personalised programme which would be beneficial to anyone who has been away from the gym environment for a long time.

Bodywise Yoga & Natural Health Centre

119 Roman Road, Bethnal Green, E2 0QN Tel: 020 8981 6938
info@bodywisehealth.org

Concessionary rates for all Yoga, Pilates Tai Chi courses. Reiki, Counselling, Homeopathy, Reflexology, Massage.

Britannia Leisure Centre

40 Hyde Road, Hackney, N1 5JU
Tel: 020 7729 4485

Concessionary rates available to carers on request.

Clissold Leisure Centre

63 Clissold Road, Stoke Newington, London, N16 9EX
Tel: 020 7254 5574

Concessionary rates available to carers on request.

Health Works

111a Hoe Street (entrance in Cairo Rd, vehicle access via Church Hill), Walthamstow, E17 4RX

Tel: 020 8503 7794

www.Thehealthworks.co.uk

10% off any treatment Homeopathy, Massage, Yoga and Pilates.

Kings Hall Leisure Centre

39 Lower Clapton Road, Hackney, E5 0NU
Tel: 020 8985 2158
www.gll.org

Concessionary rates available to carers on request.

London Fields Lido

London Fields Westside, Hackney, E8 3EU
Tel: 020 7254 9038
www.gll.org

Concessionary rates available to carers on request.

Queensbridge Sports and Community Centre

30 Holly Street, Hackney, E8 3XW
Tel: 020 7923 7773

Concessionary rates available to carers on request.

Rio Cinema

107 Kingsland High Street, London, E8 2PB
Tel: 0207 241 9410

£6.50 instead of £8.50 at normal shows, £5.00 instead of £6.50 weekday matinees, (before 5.00pm). Also carers will receive free admission when accompanying the person they care for when they produce their membership card.

Stoke Newington West Reservoir Watersports Centre

Green Lanes, Hackney, N4 2HA
Tel: 020 8442 8116

Concessionary rates available to carers on request.

Vortex Jazz Club

11 Gillett Street, Dalston, N16 8JH
Tel: 020 7993 3643

£2.00 off tickets for performances from Sunday to Thursday.



Chemists/Pharmacies

Allen Pharmacy **10% selected products.**

150 Albion Road,
Stoke Newington, N16 9PA
Tel: 020 7254 2500

Carsil Chemist **10% - 15% products, 15% on perfumes.**

317-319 Mare Street,
Hackney, E8 1EJ
Tel: 020 8985 1243

Clarks Healthcare Pharmacy **10% off non prescription goods.**

68 Broadway Market,
The Broadway, E8 4QJ
Tel: 020 7254 1730

Clockwork Pharmacy **10% off all products excluding baby products and perfumes.**

Mr Patel
239 Well Street,
Hackney, E9 6RG
Tel: 020 8985 4630

Clockwork Pharmacy **10% off all products excluding baby products and perfumes.**

398-400 Mare Street,
Hackney, E8 1HP
Tel: 020 8985 1635

Friends Pharmacy

46 Lower Clapton Road,
Hackney, E5 0RN
Tel: 020 8986 9706

**10% off all products
excluding baby products
and prescriptions.**

Marijak Chemist Ltd

319 Mare Street,
Hackney, E8 1EJ
Tel: 020 8985 1243

**10% off perfumes and toiletries,
no further discount on sale price.**

Norlington Chemist Ltd

3 Broadway Market,
The Broadway, E8 4PH
Tel: 020 7254 1568

**10% off non prescription
goods.**

Regal Pharmacy

48-50 Chatsworth Road,
E5 0LP
Tel: 020 8985 2536

**10% off toiletries excluding
baby food, nappies and
prescription charges.
Osteopath service available.**



Silverfields Chemist
141 Homerton High Street,
Homerton, E9 6AS
Tel: 020 8985 3654

**5% off non sale perfumes &
10% off non sale products.**

Victoria Park Pharmacy
215-217 Victoria Park Road,
Hackney, E9 7HD
Tel: 020 8985 1717

**10% off all products
excluding baby products
and perfumes.**

Opticians

Askew Eyewear
195-197 Stoke Newington Church St,
Stoke Newington, N16 0UL
Tel: 020 7249 6333

**£20 eye test - normally £28.50.
10% off sunglasses, £25 off
complete glasses over £250.**

Charles Frydman Optometrist
82 Mare Street,
Hackney, E8 3SG
Tel: 020 8985 2479

**10% off glasses
(not eye examinations).**

Clapton Opticians
1 Station Parade,
Upper Clapton, E5 8BD
Tel: 020 8806 7432

10% off lens and frames.

Eyes Only Opticians
87 Kingsland High Street,
London, E8 2PB
Tel: 020 7241 6567

10% discount.

Hoxton Opticians
186 Hoxton Street,
Hoxton, N1 5LH
Tel: 020 7613 1981

10% off lens and frames.

Infocus Optometrists
204 Well Street,
Hackney, E9 6QT
Tel: 020 8985 0575

10% off spectacles.

Alternative Health Care

Hackney Chinese Medicine Centre
368 Mare Street,
Hackney, E8 1HR
Tel: 020 8525 5841

10% discount.

Regal Osteopathic Clinic/Pharmacy
49-50 Chatsworth Road,
Homerton, E5 0LP
Tel: 020 8985 2536

**£5 off treatment.
10% off toiletries/medicines
over the counter.**



For the Home

Blanks Wallpaper

229 Well Street,
Hackney, E9 6RG
Tel: 020 8985 8927

10% discount.

Delta Security

181 Dalston Lane,
Hackney, E8 1AL
Tel: 020 8985 1855

10% discount on key cutting.

Mermaid Fabrics

364 Mare Street,
Hackney, E8 1HR
Tel: 020 8985 3694

10% discount on non sale items.

North London Fire & Systems

69 Chatsworth Road,
Homerton, E5 0LH
Tel: 020 8533 7733

10% off products and Security services. We also cut keys & lock replacements.

Selby Super Electrical

149 Clapton Common,
Stamford Hill, E5 9AE

10% discount.

Cafés and Restaurants

Bohemia Café

2 Bohemia Place,
Hackney, E8 1DU
Tel: 020 8986 4325

15% - 20% discount.

Kuzu

Shish Grill Meze,
269 Well Street,
London, E9 6RG
Tel: 020 8985 0660

Discounts available upon request, with carers card.

Mangal 2 Ocakbasi Restaurant

4 Stoke Newington Road,
Stoke Newington, N16 7XN
Tel: 020 7254 7888

10% off total bill.



General

Argun Printers

344 Mare Street,
Hackney, E8 1HA
Tel: 020 8985 7879

10% - 15% depending on purchase.

Hackney Discount Jewellers

366 Mare Street,
Hackney, E8 1HR
Tel: 020 8985 4770

5% off non sale perfumes & 10% off non sale products.

Meades Flowers

96 Morning Lane,
Hackney, E9 6LH
Tel: 020 8986 8487

Discounts available on request.

Unlocked & Linked

377 Mare Street,
Hackney, E8 1HY
Tel: 020 8525 9445

10% off accessories, T/A applies.

Mystic Fragrance

145b Stoke Newington High Street,
Stoke Newington, N16 8BP
Tel: 020 7254 4776

5% off products.

Suited & Booted

Unit 1, Dalston Kingsland Station,
E8 2PB
Tel: 020 7249 3230

10% - 15% discounts on shoe repairs and key cutting.

Wholemeal Shop – Health Foods

190 Well Street,
Hackney, E9 6QT
Tel: 020 8985 1822

5% to 10% on selected products.

Quality Fruit and Vegetables

Visit our weekly community co-ops for great value seasonal prices.

Run by East London Food Access and City and Hackney NHS.

Healthy Start Vouchers welcome.

Tysen Community School

Oldhill Street, N16 6QA (term time only)

Mondays 3.15pm – 4.00pmv

Granard House

Hartlake Road, E9 5BN

Tuesdays 9.00am – 1.00pm

Nightingale Estate

Olympus Square, E5 8PL

Wednesdays 9.00am – 1.00pm

Woodberry Down Primary School

Woodberry Grove, N4 1SY (term time only)

Wednesdays 3.00pm – 4.00pm

Haggerston Community Centre

Haggerston Road, E8 4JA

Thursdays 10.00am – 1.00pm

Stamford Hill Estate

Community Centre, N16 6RZ

Thursdays 10.00am – 1.00pm

For more information

Call: 020 7254 1829

Email: admin@elfaweb.org.uk

Web: www.elfaweb.org.uk

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Bengali

এই দলিলে কি লেখা আছে সে সম্পর্কে যদি আপনি জানতে চান তাহলে অনুগ্রহ করে উপযুক্ত বাক্সে টিক দিন, এই পাতার নিচে আপনার নাম, ঠিকানা ও ফোন নম্বর লিখুন এবং এটি নিচের ঠিকানায় ফেরত পাঠান।

Somali

Haddii aad jeclaan lahayd in aad ogaato waxa dokumeentigani sheegayo fadlan calaamadi godka ku haboon, ku qor magacaaga, cinwaanka iyo telefoon lambarkaaga boggan dhankiisa hoose ka dibna ku celi cinwaanka hoose.

French

Si vous désirez connaître le contenu de ce document, veuillez cocher la case appropriée et indiquer votre nom, adresse et numéro de téléphone au bas de cette page et la renvoyer à l'adresse indiquée ci-dessous.

Spanish

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Kurdish

Ger hun dixwazin bizanibin ku ev dokument çî dibêje, ji kerema xwe qutîka minasib îşaret bikin, nav, navnîşan û hejmara telefona xwe li jêrê rûpelî binivîsin û wê ji navnîşana jêrîn re bişînin.

Turkish

Bu dökümanda ne anlatıldığını öğrenmek istiyorsanız, lütfen uygun kutuyu işaretleyerek, adınızı, adresinizi ve telefon numaranızı bu sayfanın alt kısmına yazıp, aşağıdaki adrese gönderin.

Polish

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Vietnamese

Nếu bạn muốn biết tài liệu này nói gì hãy đánh dấu vào hộp thích hợp, điền tên, địa chỉ và số điện thoại của bạn vào cuối trang này và gửi lại theo địa chỉ dưới đây.

Urdu

اگر آپ یہ جاننا چاہتے ہیں کہ دستاویز میں کیا لکھا ہے تو ازراہ کرم مناسب باکس میں صحیح کا نشان لگائیے اور اپنا نام، پتہ اور فون نمبر اس صفحہ کے نیچے لکھئے اور اسے نیچے دیئے گئے پتہ پر واپس بھیج دیجئے۔

Chinese

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