



Membership Benefits Guide 2018



Promoting fulfilling lifestyles by
providing sport and leisure opportunities

Whether you love sport, want to try something new, explore, have fun or enjoy great savings, CSSC is here for you.

CSSC Sports & Leisure is a not-for-profit membership organisation established in 1921.

Our aim is to promote fulfilling lifestyles by providing sport and leisure opportunities to our 130,000+ members.

cssc.co.uk



CONTENTS

- 04** Getting started
- 05** Maximise your membership
- 06** Try something new with our sports, leisure and taster days
- 08** Get your discounted tickets to the cinema and days out on CSSC's online shop
- 11** Eat for less with tastecard
- 12** Explore with English Heritage, Cadw and Historic Royal Palaces
- 14** Save with your favourite retailers through My Savings+
- 16** My Active - supporting you to get active
- 20** Employer benefits
- 22** Volunteer with CSSC
- 23** Stay in touch and Recommend a friend
- 24** Contact us



GET MORE out of life

There's so much happening at CSSC. To get started follow these simple steps.

Sign in

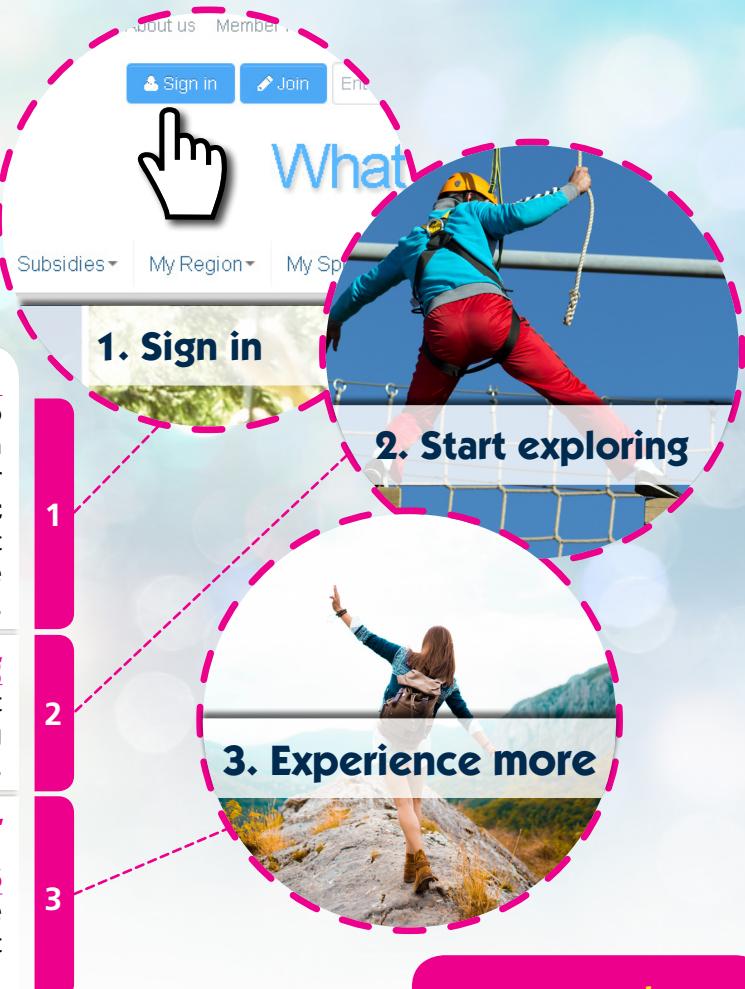
If you haven't signed in before, go to cssc.co.uk and click on the sign in button. Scroll down and enter your email under '**already a member but not signed in before**'. An email will be sent to your inbox with a link to complete the process.

Start exploring

View our **getting started** video at cssc.co.uk to start exploring everything your CSSC membership has to offer.

Enjoy your member benefits

Get more out of life with CSSC - we have something for everyone, so start using your member benefits today!



GET THE MOST
out of your membership

Make your member offers and discounts work for you!

Have fun, eat out,
shop and save
at the same time!

Saving estimates based on
annual spend. Offers are
subject to change.
Administrative
charges may apply.

Discounted cinema tickets

based on a monthly visit
for two adults through
CSSC's online shop

saving
£120

5% off your grocery shop

based on a weekly spend
for a family of four of £150
through My Savings +

saving
£390

2 for 1 meal at Zizzi

based on a monthly visit
for two adults using tastecard

saving
£240

Theme park day out

for a family of four
through CSSC's
online shop

saving
£100

Visit to historic sites

for a family of four,
four times a year

saving
£160

8% off your DIY

spend of £800 through
My Savings +

saving
£64

**IT
ALL
ADDS
UP!**

OVER
£1,000
SAVED

SPORTS



With over 60 different sports, there's something for everyone.

SPORTS

Take part in our huge range of sporting activities for all ages and abilities. We have over 60 different sports to choose from, including national finals for sports such as angling, darts and golf; as well as open championships for swimming, athletics and badminton amongst others. CSSC also organises a number of trips including skiing, scuba diving and hill walking.

For a full list of our national and regional sporting events:
cssc.co.uk/EventSearch

National Travel Policy

To support our members to participate in our category 1 to 3 sports we subsidise both your travel and accommodation costs.

Category 1: Representative matches
and national finals

Category 2: Open events

Category 3: Regional qualifiers and events

For more on event categories and subsidies visit:
cssc.co.uk/NTP



Get some friends together and have a go at something you've never tried before!

TASTER DAYS

Scheduled and flexible

Our taster days are the perfect way to dip your toe in the water without spending too much time or money. Along with our scheduled events, our flexible taster days allow you to book a venue and date that suits you and save up to 50% off the ticketed price.

Try a day at the velodrome or create a ceramic masterpiece. There's something to suit everyone.

For a full list and how to book:
cssc.co.uk/TasterDays

LEISURE

Add a bit of zing to your life!

There are loads of local trips and activities to get involved in as well as offers to take advantage of.

Experience theatre trips, spa days, murder mystery nights, day trips to Europe and to popular Christmas markets, and so much more - all at subsidised rates.

To explore what's on offer:
cssc.co.uk/MyRegion

DAYS OUT

We've got it covered

CSSC's online shop

brings you a host of events at discounted rates. Whether it's visiting the cinema, thrill-seeking at a theme park or tickets to an international sports event.

ONLINE SHOP



8

Event tickets

across the country including international games, race days, food shows and many other sought-after events.



race days



sports events



food shows



flower shows



Get a minimum discount of 50% off the full on the day price at selected Merlin theme parks and attractions.



LEGO, the LEGO logo, the Brick and Knob configurations, the Minifigure, DUPLO and LEGOLAND are trademarks of the LEGO Group. ©2017 The LEGO Group.

Family days out

to a wide range of attractions all year round



To book at
discounted rates, visit:
cssc.co.uk/OnlineShop

DAYS OUT

Treat yourself and your family to a movie



Cinema tickets and eCodes*

From just **£5.95** (adults) and **£4.75** (children)
including all the major cinema chains.

* eCodes available for Cineworld, Picturehouse, ODEON and Vue only.

MR C. MORE
Unlimited

017862945 00000000

Save 33%



LIMITLESS

ODEON

K STEELE
U566984329

For the regular movie goer save 33% on
an **ODEON Limitless** (excluding Central
London) or **Cineworld Unlimited**
card (excluding London West End).



ODEON[®]

Picture
house

Cinemas

To purchase your tickets, visit:
cssc.co.uk/OnlineShop

EAT

for less with
tastecard

Free digital tastecard and app

Enjoy incredible savings when eating out.
Get **50% off** the total food bill or
2 meals for the price of 1 at thousands of
participating restaurants.

Restaurants include

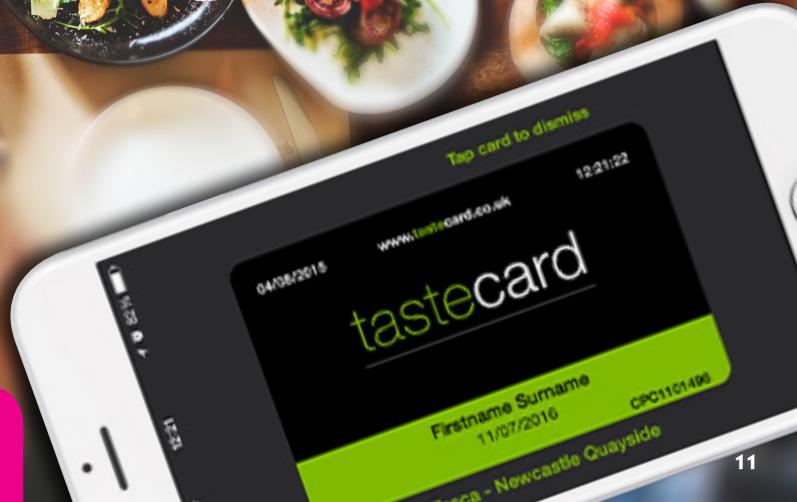
Pizza Express, Zizzi, Frankie & Benny's,
Prezzo and many more... the choice is
huge!

To eat for less

- Select your restaurant.
- Book your table mentioning tastecard.
- Show your digital tastecard and enjoy
your meal.



To order your free tastecard, visit:
cssc.co.uk/tastecard



tastecard

EXPLORE

a range of historic places at no cost!



ENGLISH
HERITAGE

EXPLORE

Your CSSC membership offers you a great range of exciting places to explore!

Live and breathe the story of England at royal castles, historic gardens, forts and defences, world-famous historic sites and many others with English Heritage.

Seek out ancient monuments, castles, abbeys, forts and burial chambers; and learn more about Wales' rich history with Cadw, the Welsh Government's historic environment service.

Explore the story of how monarchs and people have shaped society, in some of the greatest palaces ever built with Historic Royal Palaces.

**For a full list of properties and any exclusions, visit:
cssc.co.uk/Offers**



ENGLISH HERITAGE

Get unlimited access to over 300 castles and gardens, historic houses, abbeys and more. Plus get free or reduced price entry to hundreds of exciting historic events throughout the year.

Simply show your CSSC membership card on arrival. Valid for CSSC member, one other adult and up to six children (under 19).



**Historic
Royal Palaces**



HISTORIC ROYAL PALACES

Get free tickets to explore and discover these amazing royal palaces throughout the year.

Download your voucher and present together with your CSSC card and photo ID on arrival. Valid for CSSC member plus one to three guests depending on palace (children go free at some palaces).

Cadw



Llywodraeth Cymru
Welsh Government



CADW

Gain free unlimited entry to some of the best castles in the world as well as abbeys, churches, chapels and more.

Simply present your CSSC card together with photo ID on arrival. Valid for CSSC member, one other adult and up to three children (under 16).

SAVE MORE

Thousands of savings nationally

My Savings +

SAVE MORE



Tuck into great savings on your grocery shop

Save up to **7%** on your weekly grocery shop or treat yourself to flowers, music, books and much more. Why not indulge in a prime cut of meat from the butchers section, a sumptuous pudding or a freshly baked cake from the bakery.



Revive your wardrobe

Save up to **12.5%** off a wide array of jewellery and accessories from watches, earrings, handbags and more or shop for the latest clothing trends with up to **10%** cashback from leading fashion stores.



Ready for your next experience?

Grab up to **20%** off a wide range of gifts and experience days to suit every taste, occasion and budget. From hot air balloons to spa days to a theatre trip. Enjoy amazing travel deals and savings of up to **10%** off hotels, flights, holidays, car hire and more.



Does your home need an update?

With savings of up to **8%** on a huge range of appliances, TVs, audio, cameras and computing; it's a lot more affordable to keep up to date with the latest technology! Update your home and garden with up to **8%** savings on kitchens, sheds, plants and more.



Get fitted out get active

Get geared up with up to a **15%** saving on your sporting and outdoor clothing, accessories and equipment. Or get active with discounted gym membership at over 3,000 gyms nationwide through My Gym Discounts.

Start saving now!

**Register online to see
all the great offers and
discounts available**
cssc.co.uk/MySavings



My Active provides the support, rewards and range of helpful tools you need to get active in your own time.

RUN RIDE SWIM STRIDE



Access a range of tools and resources to help all standards and abilities, from beginners to those wishing to compete in running, cycling, swimming and walking.

Use training plans, routes, maps as well as local group finders and much more.

Got a question?

Contact CSSC's online advice surgery for help and guidance in running, cycling, swimming or walking.

Find all these
helpful tools at:
cssc.co.uk/MyActive

CSSC's free health and fitness app incentivises and challenges members to be more active.

1. GET ACTIVE

Every activity earns you points, from your daily steps, exercise classes, visits to the gym and even taking part in CSSC activities.

2. COLLECT POINTS

Download the My Active Rewards app and connect to your favourite fitness apps and fitness devices and start earning points.



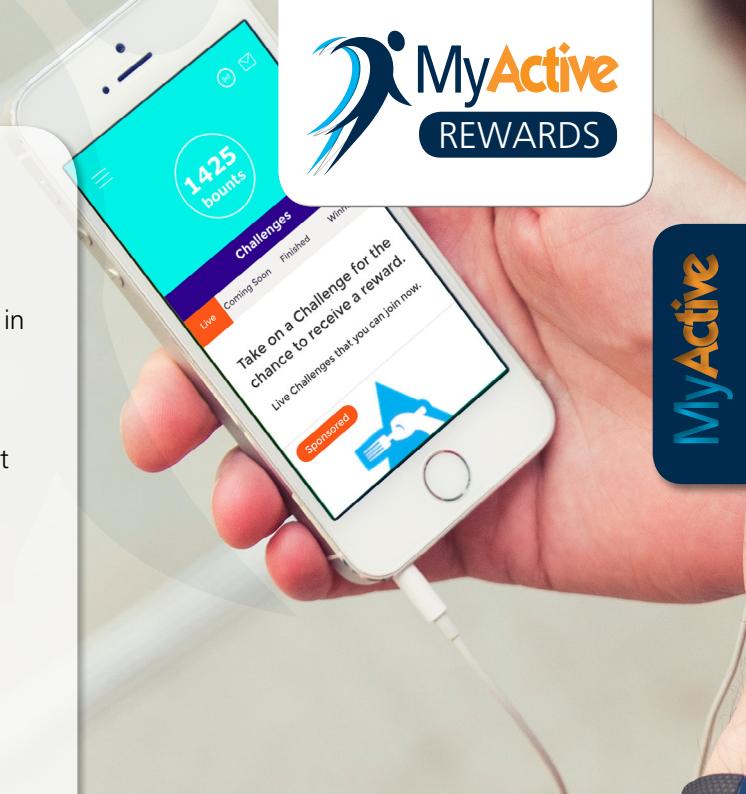
3. BE REWARDED

Use your points to unlock challenges for your chance to win exclusive prize pots and even guaranteed cash rewards.

Sign up today and start your first challenge!



bounts



For support and enquiries
on the app, email:
support@bounts.it

For more information visit:
cssc.co.uk/MyActive

Take advantage of the financial help available

SPONSORSHIP SCHEME

If a disability or financial hardship is preventing you from continuing your sport, we may be able to help.



supported by

ACTIVITY SUBSIDY SCHEME

CSSC can help cover the entry costs of non-CSSC events such as running races and obstacle courses, swimming, cycling, walking/trekking and chipped wheelchair events.

Entry Fee	Level of Subsidy
£10 - £20	100%
£20 upwards	£20

Two events per year

TRAINING SUBSIDY SCHEME

Become a sports coach, referee or umpire and CSSC can subsidise your training fees.

Entry Fee	Level of Subsidy
Up to £150	50%
£150 upwards	£75

One reimbursement per year



ELITE COMPETITORS FUND

CSSC understands that competing at this level requires an unprecedented level of commitment and cost, be that for equipment, travel or coaching. Through this fund we can give our members the chance to make high level competition that little bit more achievable.



The fund was able to help Mick with his costs towards two M70 European Duathlon titles, which he won, and two World Duathlon Championship medals.

PHYSICAL ACTIVITY FUND

Organise an activity in your workplace or local area. CSSC can help to fund the venue, equipment and instructor costs. Whether it's starting up a lunchtime exercise class in your workplace, organising weekly badminton sessions locally or even putting on a family fun day, the Physical Activity Fund can help!

GYM DISCOUNTS

Receive discounts at over 3,000 gyms nationwide.



For more information and to apply, visit: cssc.co.uk/MyActive

MyActive

BENEFITS for employers

We want to help you and your employees have fun, get active and try out new activities with CSSC. Our main aim is to promote individual health and wellbeing to the entire public sector ...

AT NO COST TO EMPLOYERS!



A group from DEFRA in Derbyshire submitted an application for £100, through CSSC's Physical Activity Fund, to hire a badminton instructor for their team of 10 members. Over 6 weeks, with an average of 6 members attending each week, the team enjoyed the benefits of being active during their lunch break and learning a new sport. Learning the rules of badminton helped the team become more cohesive.

Benefits for the Employer

- ➡ Easy to administer, develop and deliver to your employees
- ➡ Support your employees to stay active and strike a good work/life balance
- ➡ Support retention and recruitment of staff with this enhanced reward package
- ➡ Provide opportunities for networking and teambuilding amongst colleagues
- ➡ Improved workplace morale and performance

Membership is

ONLY £3.95 a month
and is paid by employees directly to CSSC

VOLUNTEER

It feels good to give something back!

**Be part of something.
Become a CSSC volunteer!**

- Get involved in something new
- Learn new skills and enhance your CV
- Meet new people, make new friends and broaden your social network
- Give something back and feel valued
- Make a difference

VOLUNTEER



WHAT ARE YOU WAITING FOR?

Contact volunteer@cssc.co.uk or visit cssc.co.uk/volunteers for further information and for current opportunities.



Recommend a friend

Like many things in life,
some things are better shared.

If you love your CSSC membership, why not encourage friends and colleagues to take part? As a thank you, you'll receive £10 cashback for every new member you introduce.

Up to 3 of your friends and family can join CSSC and link to your membership – they'll enjoy the same benefits of membership as you.

cssc.co.uk/mgm

Stay with us

You can stay a CSSC member for as long as you like, even if you change jobs or retire. So, if your circumstances change, email headoffice@cssc.co.uk or give us a call on **01494 888444** and we can update your details. Retired members get a 10% reduction in subscriptions.

Tell us what you're interested in

Update your interests to receive all the latest information on the sports and events that interest you most.

cssc.co.uk/MyCSSC

Simply log in to your **My CSSC** account and go to **My Details**.

If you haven't registered your email with us, then visit cssc.co.uk/emailCapture or email headoffice@cssc.co.uk



Contact Us

CSSC Sports & Leisure
Compton Court
20-24 Temple End
High Wycombe
Buckinghamshire
HP13 5DR



01494 888444



headoffice@cssc.co.uk



cssc.co.uk



CSSC_Official



CSSCSportsAndLeisure

