| Business | Offer | Book | Comments |
| --- | --- | --- | --- |
| Macdonald Beauty Rooms****3 Paterson Place********Haddington********EH41 3DU****https://www.facebook.com/PaulaMacdonaldBeauty | Yes I would like to help again this year to support our local carer's, However during this week we are already pretty booked up.However I'm able to open the use of this discount card for a month from the 10th of June till 10th July 2019. I am able to offer 25% off all treatments and free tea and coffee with any nail treatments. | Yes |  |
| Dermal Elite 12 Newbigging Musselburgh0131 665 9911[www.dermalelite.co.uk](http://www.dermalelite.co.uk)Winner Scottish Hair & Beauty Awards 2018Cosmetic Clinic Of The Year  | I can offer 10% discount to all treatments booked and paid for during Carers Week My diary can get very full so Carers wouldn’t have to have that week. I am offering a 6 month timescale so that more carers can take advantage of the offer | Yes | None |
| Self Expression Hairdressing Salon, 27E, Links Rd, Port Seton, Prestonpans, East Lothian, EH32 0DU, 0187 581 3541 | Free cut and blow dryFree sunbed | Yes | Free sunbeds sponsored by RMK Demolition – book through Self Expression |
| mandy@belhavenbikes.co.ukwww.belhavenbikes.co.uk Twitter <http://www.twitter.com/belhavenbikes>t. 01368 860300 | We’d like to offer a day’s free cycle hire to carers as our offer and hope this is an appropriate way to celebrate East Lothian’s carers. We have hardtail and comfort mountain bikes for hire as well as electric bikes. This would offer the opportunity for carers to take a break, get out and about. Perhaps cycling could be a new activity for them or they might like the chance to try an ebike as an alternative.  | Yes |  |
| East Links Family ParkDunbar,East LothianEH42 1XFTel: 01368 863607[www.eastlinks.co.uk](http://www.eastlinks.co.uk/) | We did this last year and offered the carers a 20% discount off the carer’s entry price. We would be happy to do this again during that week when they show their East Lothian Carer card. |  |  |
| Booking Coordinator | Glenkinchie Distillery| Pencaitland | EH34 5ET tel. +44 (0)1875  342012|  Visit us at:<https://www.malts.com/en-gb/distilleries/glenkinchie/>  | We would be delighted to take part in this worthy scheme again this year.  We will offer card holders a free Glenkinchie Tour. |  |  |
| [Ravelston House Hotel](http://theravelstonhouse.co.uk/restaurant.html)theravelstonhouse.co.uk[182 North High Street Musselburgh, Edinburgh EH21 6BH](https://www.bing.com/local?lid=YN1029x8608562661135113958&id=YN1029x8608562661135113958&q=Ravelston+House+Hotel&name=Ravelston+House+Hotel&cp=55.943687438964844%7e-3.0646941661834717&ppois=55.943687438964844_-3.0646941661834717_Ravelston+House+Hotel) · ~13.1 mi0131 665 2478 | We would be delighted to take part, the discount – we would like to offer would be 50% off full price main courses for the week 10th – 16th June. |  |  |
| 11 NewHouse Terrace,Queens Road,DunbarEH42 1LGTel: 01368 862033e-mail: info@dunmuirhotel.co.uk | Complimentary Tea or Coffee for the carer from 11am to 7pm 7 days a week let me know what you think |  |  |
| Demi-Lee TaylorScottish AuthorDunbar, East LothianEmail- d.l.taylorbooks@gmail.comTel: 07851133295Follow me on:LinkedIn <https://www.linkedin.com/in/d-l-taylor-books-019187183>Facebook: <https://www.facebook.com/demilee.taylor.9847> | I would like to help. I used to be a Carer myself so I know how stressful it can be, but also I know that Carers don’t receive the credit they deserve. I would like to offer my books because I know most people like to read, maybe in their spare time or they could read them to someone there caring for. Although I write and distribute my own books, I would still like to help and make an offer of two books for £5. |  |  |
| Sharon Johnstone Hair Couture58 Church StreetTranent EH33 1BZ 01875 898929 | Please contact direct | Yes |  |
| Contact through website/Facebookwww.foreverkerry.flp.comhttps://www.facebook.com/foreverkerry17/ | My name is Kerry and I retail Forever Living aloe vera products. I'd be happy to offer all EL carers a 10% discount during this year’s carers week. I also offer free delivery throughout East Lothian. |  |  |
| Seamus ScanlonReboot Mini Disc Golf07572 127020  | Free round of Mini Disc Golf | Yes |  |
| Sara Slater42 Forthview RoadLongniddryEast LothianEH32 0LG 07986 555275 / 01875 853087 | Yes I am very happy to be involved again this year.  I can offer carers 50% off Bowen Therapy, so it will be £20 instead of £40. | Yes |  |
| Shop atDunbar Garden Centre[Spott Road, Dunbar EH42 1BF](https://www.bing.com/local?lid=YN1029x15450380217589970259&id=YN1029x15450380217589970259&q=Dunbar+Garden+Centre&name=Dunbar+Garden+Centre&cp=55.989505767822266%7e-2.5104429721832275&ppois=55.989505767822266_-2.5104429721832275_Dunbar+Garden+Centre)01368 238038 | We are able to offer any of our homebakes (cream cakes, traybakes, scones etc) with tea or coffee for 25% off. Only one redemption per customer. |  |  |
| Lisa-Kim HeronSweet Tooth Cakery0771064555507710645555sweettoothcupcakes@icloud.com[http://www.sweettoothcakery.co.uk](http://www.sweettoothcakery.co.uk/) | I own and run Sweet Tooth Cakery, which is registered with ELC and insured. I would be more than happy to offer a 10% discount on orders under £50 and 15% thereafter.  |  |  |
| Melanie Phillips<http://www.lothiantherapy.com>  07956 369461 | If carers would be interested in seeing me for relaxation or coping techniques, I would happily provide a discounted service to them. | Yes |  |
| Maitlandfield House Hotel & Brasserie24 SidegateHaddington East LothianEH414 BZTel:01620826513 | We would be more than happy to take part in carers week. We were would to offer a cream tea. | Yes |  |