



# Member Benefits

Supporting life's true champions





## Things to do

From family days out, trips to the cinema or the thrill of trying something new, our awesome range of things to do will have something perfect for you.



### Trips

Pamper yourself with a luxury spa weekend, take in the sites while hill walking or hurtle down the slopes at an Alpine ski resort.

### Cinema tickets

Get your discounted cinema tickets and refreshment tokens to treat the family for less.\*

### Explore

Free and discounted entry into participating sites for you and your guests.

### Theatre

Whether it's a feel-good musical or your favourite comedian, add some showbiz to your life with our theatre trips and discounted ticket offers.



#### Royal Botanic Gardens, Kew

**Unlimited** entry to Kew Gardens and Wakehurst, Kew's wild botanic garden in Sussex.



#### English Heritage

**Free** entry to over 400 properties, plus free or discounted entry to events.



#### Cadw

**Free** entry to over 130 Cadw sites. | Mynediad diderfyn i dros 130 o safleoedd Cadw.

For full details and T&Cs visit [cssc.co.uk/things-to-do](https://cssc.co.uk/things-to-do)

\* Check local cinema prices.



# Things to do

From family days out, trips to the cinema or the thrill of trying something new, our awesome range of things to do will have something perfect for you.



## Theme parks & attractions

Find your next thrillseeking family day out with our theme park, zoo, Dungeon and adventure offers.



and many more



## Local to you

Wherever you live, you'll find lots happening in your area. With unique events, activities and offers, there's plenty for you to explore right on your doorstep!

For full details and T&Cs visit [cssc.co.uk/things-to-do](https://cssc.co.uk/things-to-do)



## Get active

Jump into our wide range of activities to help you lead a healthy and active lifestyle.



### Sports

Stay ahead of the pack and choose from over 40 different sports and activities for all ages and abilities. From football, darts, golf and badminton to skiing, scuba diving and hill walking.



### Getting started

Take your first steps to leading a more active lifestyle. From handy tips, training plans, maps and routes to our online advice surgery, we have a wealth of tools and resources to help you get the best out of your walking, running, swimming and cycling.

### We can help

#### Race day fund

Claim up to £20 back on your entry costs for selected sporting events such as: running races, obstacle courses, cycling and more.

#### Sport qualification fund

Become a sports coach, referee or umpire and we'll cover up to 50% of your training costs.

#### Elite sponsorship fund

This fund aims to help our members, who represent their nation in their respective sport, with the costs associated with competing at this high level.

#### Disability & financial support fund

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

#### Workplace activity fund

Get financial support to help organise an activity in your workplace or local area.

For full details and T&Cs visit [cssc.co.uk/get-active](https://cssc.co.uk/get-active)



## CSSC life

Our intuitive wellbeing platform, CSSC life, understands your needs with a few, simple, lifestyle questions. It then provides you with the tools and resources you need to reach your health and fitness goals. Using the latest expert advice, training and structure, CSSC life helps you maintain a healthy mind body and soul.



### Self-guided Meditation

Clear out negative energy and promote positive thinking. With CSSC life you can have exclusive access to these sessions ranging from Sleep Aid to Reducing Stress and Anxiety, all designed to help support your inner calm.

### Online Mindfulness Course

Take our complimentary course to help you learn techniques to reduce stress and improve your emotional wellbeing. Discover mindfulness practices to help manage and reduce stress and improve your personal and professional wellbeing.



### Sound Space

Tune in to our new destination for all the latest wellbeing podcasts. We have four fantastic shows, each with their own unique theme of Wellbeing, Mental Health, Nourishment, and Parenting, all available to you through your membership.



### Digital Gym

Access a weekly schedule of live and on-demand classes delivered by fitness experts. Our experts will lead you through a series of safe and supported exercises to help you get fit in the comfort of your very own home.



For full details and T&Cs visit [cssc.co.uk/CSSClife](https://cssc.co.uk/CSSClife)



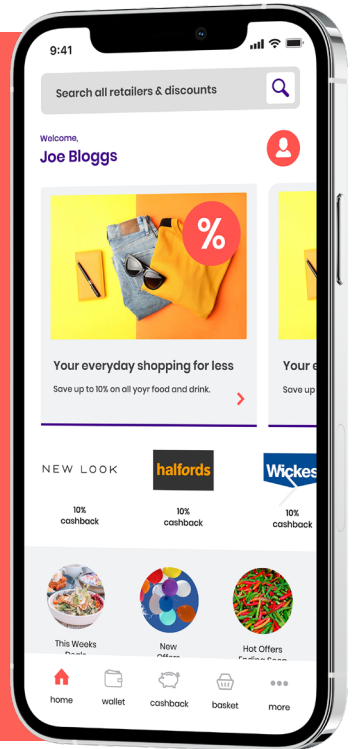
## Everyday savings

Helping you to save on your food shop, energy bills, insurance and loads more. We'll make your money go even further.



# f CSSC savings

CSSC savings app, puts thousands of discounts, deals, vouchers and cashback in the palm of your hand.



For full details and T&Cs visit [cssc.co.uk/everyday-savings](https://cssc.co.uk/everyday-savings)



# Make every second

of your free time count

Membership  
Only

**£4.99**  
a month



[www.cssc.co.uk](http://www.cssc.co.uk)



**CSSC**

CSSC has been helping its members relax, take time out and look after their health and wellbeing for the past 100 years. Our exclusive offers, deals and discounts help 160,000 civil servants and public-sector colleagues maximise their free time, explore their hobbies and passions, and celebrate the things they love with the people they love.

Offers and benefits are subject to availability and may change.