



## Plus+One Scheme at Sheffield City Trust Venues

At Sheffield City Trust, we want everyone to enjoy our facilities. Our **Plus+One** scheme is designed for our facility users who require additional support to access our venues. It allows free access for a carer, support worker, family member or friend to provide the necessary support to the facility users.

This Plus+One supporter is there to enable the participant to take part more fully and confidently, increasing their enjoyment and reducing additional burden on carers. It also gives the supporter the opportunity to get active!

### To take advantage of our Plus+One scheme, simply:

- Purchase a SCT lifeCARD online at [www.sheffieldlifeCARD.com](http://www.sheffieldlifeCARD.com) or from any of our venues.
- Select 'YES' to the question: 'Do you require additional support to access our venues?'

When attending any of our venues, simply present your lifeCARD when paying for your activity and your Plus+One supporter will be given complimentary access. A lifeCARD costs just £3 for a year and offers you a 20% saving on a wide range of activities in our venues as well as discount on our food and hot drinks in our foodetc.

### 'Plus+One' is available on the following:

Activities	Venues
Gym & Fitness Classes Casual Swimming Learn to Swim Casual Ice Skating Learn to Skate (Ice Skating)	Concord Sports Centre Hillsborough Leisure Centre English Institute of Sport Sheffield iceSheffield Ponds Forge International Sports Centre Springs Leisure Centre Heeley Swimming Pool

Please take a look online ([www.siv.org.uk](http://www.siv.org.uk)) or pop into venues to find out more about these activities and the relevant timetables.