



100 years
1921-2021

Member Benefits

Membership
Only
£4.50
a month





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

Activity subsidy scheme

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

Training subsidy scheme

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

Elite competitors 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.

Sponsorship scheme

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

Physical 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



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.

Explore

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

Cinema tickets

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

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

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



Cadw

Unlimited 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

* Check local cinema prices. Some locations may be able to offer you cheaper tickets.



Things to do

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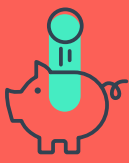
Theme parks & attractions

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



and many more

For full details and T&Cs visit cssc.co.uk/things-to-do



Everyday savings

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



Free digital **tastecard**

Use our free digital card and enjoy up to **2 for 1** meals or **50% off** food at thousands of UK restaurants.

MY **Savings+**

Take advantage of over 2,000 amazing online offers or earn yourself cashback on purchases made in store with major retailers.



For full details and T&Cs visit cssc.co.uk/everyday-savings

Discover wellbeing

CSSC life.

our comprehensive health and wellbeing platform, designed around you. With just a few simple lifestyle questions it intuitively understands your requirements and provides everything you need to accomplish your health and fitness goals. It uses the latest expert advice, training, tools and structure to help you maintain a healthy mind, body and soul.