



Discounts & Benefits for UK Workers on the Frontline

Supermarket Priority Hours

WHO? Aldi

WHEN? open 30mins early on Sundays for NHS, police, & fire service

MORE DETAILS: aldi.co.uk/covid19

WHO? The Co-Op

WHEN? priority hours for NHS staff - 8am - 9am Mon to Sat, 10am - 11am Sun

WHO? Asda

WHEN? prioritising NHS staff Mon, Wed & Fri 8am-9am

MORE DETAILS: corporate.asda.com/20200309/steps-we-have-taken-in-response-to-the-coronavirus-outbreak

WHO? Iceland

WHEN? final hour of trading Mon-Sat for NHS staff

MORE DETAILS: twitter.com/IcelandFoods/status/1242476255439736832

WHO? Morrisons

WHEN? open an hour early Mon-Sat for NHS staff

MORE DETAILS: twitter.com/Morrisons/status/1241396385561206784

WHO? Proudfoot Supermarkets (Yorkshire)

WHEN? NHS will receive priority service all day every day, to reflect varying shift patterns

WHO? Sainsbury's

WHEN? open 30 minutes early daily for NHS staff

MORE DETAILS: about.sainsburys.co.uk/news/latest-news/2020/feeding-the-nation-3

WHO? Tesco

WHEN? open an hour early on Sundays for NHS staff

MORE DETAILS: tesco.co.uk/news/2020/dedicated-shopping-hour-for-nhs-staff/

WHO? M&S

WHEN? priority hours for NHS and emergency services workers - first hour on Tuesday and Friday morning

WHO? Waitrose

WHEN? setting aside essential products for NHS staff

MORE DETAILS: twitter.com/waitrose

Many businesses are supporting UK workers on the frontline with new and updated discounts, here's details of some ...

Food & Drink

WHO? Mindful Chef

WHAT? 30% off food box and ready meal deliveries

MORE DETAILS: [instagram.com/mindfulchefuk](https://www.instagram.com/mindfulchefuk)

WHO? Pret

WHAT? Free hot drinks and 50% off, until Tuesday 31st March 2020

WHO? Leon

WHAT? 50% off

WHO? WH Smith

WHAT? 20% discount on food and drink in hospital locations (usually 10%)

WHO? Nandos

WHAT? 20% off for Police, Fire Services, Ambulance service and NHS staff

MORE DETAILS: nandos.co.uk/help/how-does-your-emergency-services-discount-work

WHO? Pizza Hut

WHAT? 50% discount on takeaway orders

WHO? Dominos

WHAT? 50% off collected orders with location specific discounts for online orders

WHO? Starbucks

WHAT? 10% off orders for NHS and emergency workers, with a Blue Light Card or Defence Discount Service card (each cost 4.99 for a 5 year membership).

WHO? Home Pantry

WHAT? 5% off orders over £35 with code NHS-SUPPORT-5

Health & Beauty

WHO? Superdrug

WHAT? 20% discount with a Superdrug card and NHS ID until 16th June 2020

WHO? King of Shaves

WHAT? 30% off online (www.kingofshaves.com) for NHS staff and Key Workers using code keyworker30

WHO? Headspace

WHAT? free Headspace Plus subscription for NHS staff

MORE DETAILS: headspace.com/nhs

Transport

WHO? NCP

WHAT? Free parking during the period of lockdown for NHS and Key Workers

MORE DETAILS: ncp.co.uk/parking-solutions/free-parking-offer/

WHO? Uber

WHAT? Giving away 200,000 free rides and 100,000 meals via Uber Eats.

MORE DETAILS: uber.com/nhs

Others

WHO? Bloom & Wild

WHAT? 40% off flowers for NHS, Social Care, Emergency Services, or Armed Forces

WHO? Pretty Little Thing

WHAT? 20% off for NHS and Emergency workers with a Blue Light card. Excludes sale and beauty.