

BOOST

Helping make your money go further

Issue 31 | January 2024



Here's to a healthier 2024

The gadgets to get
you to your goals

Adidas special!

How to max
your discounts

Goodness in a box

How delivery meal
kits can kick-start
your healthy eating

Savings **Edenred**



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Happy New Year and hello 2024!

Welcome to 2024's first issue of Boost. We hope you had a great Christmas and made the most of those savings. If not, don't worry, there are plenty more where they came from for January and beyond!

With the festivities and over-indulgences over, many of you will be raring to go with your resolutions to eat more healthily and get down the gym. Perhaps some of you are looking ahead to booking holidays and making exciting travel plans for this year.

The good news is, we can help you with all of that in this issue with some fabulous savings on health and wellbeing, as well as some serious travel bargains to be had.

Talking of which, lastminute.com have given us their round-up on the best winter breaks on p.6 and there are some unmissable deals to places that really come into their own in winter, like Milan and magical Stockholm.

Still on travel, Jet2Holidays.com on p.8 is your one-stop-shop for all your European travel plans with cheap flights, villa holidays and beach escapes on offer. Take a look on p.7 for savings on any airport transfers and taxis you might need too with Hoppa.

If staying closer to home appeals more, don't miss Hoseasons super staycation ideas on p.4 – luxury lodge with hot-tub anyone? Or an action-packed family holiday for February half-term?

If you are looking for an easy and cost-effective way to get you and your family to eat more healthily this year, check out our piece on meal-kit subscription boxes on pages 9&10 – they really are goodness delivered to your door and you can subscribe for less with your discounts.

All fired up for those 2024 health and fitness goals? Turn to pages 13 to 14 for all the savings on health and wellbeing gadgets you could need, to get you started! Think fitness watches, exercise equipment, calorie-cutting air-fryers and more.

Here's wishing you health and happiness for 2024!

Boost

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Staycations to look forward to in 2024

Your staycation inspiration starts with Hoseasons



With thousands of places to stay throughout the UK you will be spoilt for choice with Hoseasons. From fun packed holiday parks, cottages and boating breaks, to secluded woodland lodges with their own private hot tubs.

Choose from over 400 **Holiday Park** locations throughout the UK, from beach escapes to family friendly getaways all backed by Hoseasons Lowest Price Guarantee[^].

Enjoy a splash with the kids in the pool, challenge the family to a round of crazy golf then head to the show bar for some fantastic evening entertainment.

For an action-packed Easter getaway, for example, White Acres Park, Newquay, Cornwall has it all.

On site, you'll find everything geared towards keeping everyone entertained from an indoor swimming pool, gym, sauna and steam room to amusement arcades and adventure playgrounds. For a leisurely, laid-back activity that all ages will enjoy, there are 13 fishing lakes on site, as well as mini-golf.

In the evening, expect great family entertainment and an evening kids club. Should you still want to venture off site, the whole of bustling Newquay with its shops and entertainment, not to mention a world-class surfer's paradise beach awaits you.

7 nights in Easter in a super-comfortable caravan with one double and a twin bedroom, costs from £559*



Save on your
next UK break
with Hoseasons!

Or, enjoy a luxury **Lodge** with all the family or a romantic break for two away from it all. Our hot tub breaks allow you to explore some of Britain's most beautiful locations before you relax and soak up the sights from your own private hot tub. With stylish and elegant accommodation to enjoy too, there's no better place to find your break.

How about a Peak District getaway with hot tub in secluded woodland over the May bank holiday? Charlesworth Lodge is one of Hoseason's Autograph holiday collection.

Nestled in peaceful woodland on a hillside off beaten track in beautiful Derbyshire, Charlesworth offers uninterrupted views of Coombes Rocks on the edge of the Peak District National Park.

Think moorland walks with postcard villages bursting with quaint shops and traditional pubs. Perfect for romantic breaks, you can even hire a chauffeur with prosecco and flowers for a special occasion. Finish off the day in the hot-tub with incredible views.

From £609* for three nights over May bank holiday (24-28th May 2024)

Last but not least, **Cottage breaks** offer the ultimate way to enjoy a holiday in the UK. Choose from all kinds of accommodation from cosy couples' escapes to large lavish getaways for groups. With extra features from home cinema, games rooms and swimming pools, there is something for everyone including your 4-legged friend, as thousands of properties are pet friendly!

For a lovely, family break to look forward to in February half-term, how about 7 nights in a cottage in the charming village of Ixworth, near Bury St Edmunds in Suffolk?

The cottage (Hoseasons property reference: UK42326) is Grade II listed and dates back to 1580, making it the oldest property in the village of Ixworth, which itself boasts lots of lovely independent shops and eateries. The property has two bedrooms, a cosy characterful kitchen and a wood-burner to keep you warm on chilly February nights. The bustling 'foodie' town of Bury St. Edmunds is just 8 miles away.

7 nights in February half-term costs from £379*



*Prices correct at time of publication. Subject to availability.

Last minute winter escapes for less

lastminute.com

January and February are great times to jet off to fabulous places at a fraction of the price to high-season. Check out these winter jewels from lastminute.com

Some places are worth a visit whatever the season and are particularly magical in the colder months. We asked lastminute.com for their best, wintery destinations. Think twinkly, cosy, cultured and also, amazing value when you book at the last minute!

Thanks to lastminute.com you can enjoy a big holiday on a small budget! Head over to the lastminute.com offer page today to find out more.



Palermo

The weather in Sicily's capital is a very pleasant 16 degrees or thereabouts in winter, the perfect temperature for taking in its historic charms without needing the full hat and gloves combo!

You can expect around five hours of sunshine per day with fewer crowds, meaning no long queues to get to see its stunning ancient curiosities and buildings.

Think Greek temples and fountains, galleries and Norman palaces. Also, not to be missed is the 12th century Palermo cathedral which houses royal tombs. Like Opera? A trip to Palermo's beautiful Teatro Massimo is a must.

Return flights with 3 nights with breakfast on the last weekend in January at the four-star Hotel Giardano Inglese, costs from **£257pp**.

Stockholm

Daylight hours are short, with a high likelihood of snow, but this only makes a visit to Sweden's capital in the winter, even more magical. Far from an icy barren land, you'll find a city full of light and cosiness.

Warm up in the many museums holding everything from Viking treasures to WW2 warships and ABBA memorabilia. Stop for coffee breaks in twinkly cafes with Swedish pastries, or even take a Nordic Food and Walking Tour.

Swedes love a snowy day outdoors and with lots of urban nature spots in Stockholm, there are plenty of places to go sledding – sledges can be bought from most outdoor stores in the city.

Return flights and 7 nights at February half-term in the Scandic Star Sollentuna hotel costs from **£389pp**.

Milan

The fashion capital of Europe is a great place to visit in the winter months where all the culture the city offers can be enjoyed without stifling temperatures and queues.

In February or early March (around 'Mardi Gras' – or shrove Tuesday), the Carnevale Ambrosiano takes place in Milan. Usually centring around the grand Piazza de Duomo, the annual carnevale means parades, street performers and concerts so is a great time to visit Milan.

Don't leave without paying a visit to the Marchesi 1824 – a café run by family for generations – and a famous institution for the best Italian confectionary, cremini' and pastries to enjoy with your macchiato!

Return flights and 3 nights at the end of February, staying at the NH Milano Machiavelli, costs **£391pp**.

Arrive happy with Hoppa

Hoppa, the transfers and hire comparison site, gets you to and from your destination saving you time, money and hassle.

What is Hoppa?

Hoppa helps get you where you need to go by instantly comparing 1000s of transport providers from around the world. Whether at home or abroad, with a huge choice of taxi and airport transfers, Hoppa will search and compare the best deals for you.

Why choose Hoppa?

Hoppa is the transfer comparison site with global reach, with a vast selection of vehicle options and suppliers linking over 7,500 destinations across 120 countries. Are you looking for the cheapest airport transfers or the best rated luxury shuttle services? Hoppa will find what you need to arrive happy.

How does it work?

Rated 4 star on Trustpilot, Hoppa is so simple to use. You can download the Hoppa app for free, or visit the website at hoppa.com to get started straight away. Just enter your pick up and drop off locations and Hoppa will instantly find a range of ride options – you can review by price, vehicle type and supplier rating. You can also add flight arrival and departure times to fine tune your choice. Hoppa is transparent about suppliers and rates, and will also show the expected journey time and luggage allowance to help you choose a transfer that suits.

Hoppa has you covered

Established in 2004, Hoppa has almost 20 years experience in the transfer comparison business. You can upgrade your booking and cover it for 100% refund in the case of problems like airline failure, illness or injury, emergency or Covid 19 infection.



**Save 16%
on rides and
airport transfers
with Hoppa**

Jet off for less with Jet2holidays.com

Jet2holidays.com are much more than a budget airline, they're a starting point for all your 2024 travel plans.

If thoughts are turning to holidays and warmer climes now the new year is here, you'd be wise to check out Jet2holidays.com for inspiration and great value prices before doing anything!

Not just a low-cost airline, Jet2holidays.com is an online agent for booking everything from fabulous villa holidays, to skiing trips, weekend city breaks, and everything in between, catering for all your European travel needs this year.

Jet2holidays.com fly to 65 destinations across Europe, from eleven different U.K. airports which means that whether it's a classic beach destination like Majorca you fancy, a skiing holiday in the Austrian Alps, or a cultural city break, you can get there with Jet2holidays.com, and what's more, you'll get there for less.

Book a holiday and look forward to some warmer weather in hotspots like Porto, Cyprus, the Canaries or Turkey. Planning a big holiday with friends and family this year? Check out Jet2holidays.com's gorgeous villa holidays. Choose from accommodation sleeping twenty and beyond, on complexes with the benefit of amenities and entertainment, to more secluded places, where you really can switch off from it all.

From booking cheap flights to great value holidays and weekend breaks, Jet2holidays.com is the place to start this year's travel plans.

Search for your perfect getaway today – head to the Jet2holidays.com offer page to get £25 off your next holiday!

**Head to the
Jet2holidays.com
offer page to
find out more!**

Your healthy eating goals delivered

Raring to go with your new year's healthy eating resolutions? A meal-kit box subscription gives you a head start, and saves you money, time and waste.

With the new year, come the new year's resolutions. 'Eat more healthily' has to be among the most common of these, made at a stroke past midnight on New Year's Day!

This is why January is a particularly great time to consider a subscription to meal-kit boxes. They can help reboot your cooking and eating habits, making a difference to you and your family's health.

With pre-portioned ingredients delivered straight to your door, they also save you time, money and help keep mealtimes more interesting.

Check out the following amazing offers we currently have on meal box subscriptions and kick-start your healthy-eating in 2024.



Head to the 'Food and Drink' section of your savings site for more healthy-eating inspiration!

Grubby

Grubby are the UK's favourite plant-based recipe kits, with over 200 different meal ideas inspired by cuisines around the world.

How about sweet potato and pomegranate chermoula stew, or sweet and sour tofu with mushroom rice?

Packaging is 100% recyclable and compostable, with all London deliveries made by bike.

Grubby partner with family-run farms to bring you the best seasonal produce, most of which is grown in organic British soil.

On average, each Grubby recipe contains at least six varieties of fresh veg – that's your five a day sorted!

Get 55% off your first box and 20% off for the rest of your first month at Grubby! Check out the Grubby page for more details.

HelloFresh

HelloFresh provide chef-created recipes, and all the ingredients you need to cook delicious meals from scratch.

You simply choose your plan; for example, you want three recipes a week, for a family of four. After registering your address and delivery details and what day you want your delivery, you then checkout, choosing the recipes you fancy. That's it! Except to wait for your HelloFresh box to arrive on your doorstep.

There are literally hundreds of recipes to choose from including crowd-pleasing family classics, to dishes lighter on calories and much more.

HelloFresh 'rapid' recipes are for those who are pushed for time, but do not want to compromise on nutrition and can be whipped up in twenty minutes or less.

Get 65% off your first box and then 25% off for two months (+ three free gifts!) with HelloFresh!



**GREEN
CHEF**



Green Chef

Green Chef provide nutritionist-approved recipe boxes with your health goals in mind. Choose from 6 dietary preferences: Keto, Lower Carb, Flexitarian, Vegan, Pescatarian & Vegetarian.

They work with small-scale suppliers to source the best quality seasonal produce. This shorter supply chain means a lot less food waste, so less cost per meal!

Green Chef are also the UK's 1st keto-friendly recipe box.

Green Chef are offering Edenred users an exclusive 50% off your first box and then 25% off the next 4! Visit the Green Chef page and kickstart your healthy eating Routine.

Stack up your savings

By using two discounts at once, you can make your savings stretch even further

Thanks to your discounts and savings platform, you never have to pay full price on the things you love, from travel and tech, to home and fashion and everything in between.

Plus, did you know that with certain retailers you can get an even better overall saving by using an online discount code and your discounted gift card in combination, effectively saving twice!

Let's look at how you would use this with adidas.

Adidas sportswear, including apparel and footwear, features cutting-edge technology and innovation to help you bring your 'A' game to all your health and fitness pursuits.

Whether you intend to start a new sporting hobby this year, set goals at something you already love, or take part in a personal sporting challenge – London marathon runners anyone? – you can get off to a great start by investing in some new kit from adidas, and you can save even more when you do so, by stacking your discounts.

Here's how:

- 1** Head to your savings platform and purchase your adidas eGift card with the amount you require, and you'll get a discount at checkout.
- 2** Search for the adidas 'online' offer on your savings platform (15% off full price items), and head over to adidas via the link on the offer page (simply click 'go to offer').
- 3** Add whatever items you want to your shopping basket.
- 4** Enter your online promo code and pay with your discounted eGift card.
- 5** Ta-da! You've now saved twice effortlessly.

Other 'stackable' discounts just like this:

- Apple
- Rituals
- The Body Shop



SAMSUNG



Workout buddy on your wrist

Track not only your fitness but your overall wellbeing too, with the Samsung Galaxy Watch5 Pro

The Samsung Galaxy Watch5 Pro is the perfect workout companion that can help you set and reach your fitness goals and track your wellbeing progress.

Like a fitness coach on your wrist, it tracks everything on your workout from time, to steps, calories burned, heart-rate and blood pressure, meaning you can push yourself or go easier, depending on what you want to get out of your workout that day.

And, it is a great outdoors bit of kit, since whether you are running, hiking or wild-swimming the Samsung Galaxy Watch5 Pro has in-built GPS tracking and turn-by-turn navigation, meaning you can challenge yourself and vary your routes, without fear of getting lost!

The Samsung Galaxy Watch5 Pro is not just for exercise bunnies however. It can enhance your wellbeing and general health in so many ways, including optimising your sleep – vital for memory, energy levels and much more.

It does this by tracking your REM sleep and then, using this data, giving you a bedtime that will mean optimal sleep for you.

With its 50m water resistance and crystal sapphire glass, the Samsung Galaxy Watch5 feels as sturdy as it does luxurious, making it the must-have gadget for all your new year fitness and health needs.

Check your discounts to get your gorgeous Samsung Galaxy Watch5 Pro for less!

Explore the best deals from Samsung, all in one place on your dedicated Samsung channel.

Healthy new you

Reach your health and fitness goals this year with a little help from Currys.

From cooking gadgets that help you cut down on calories, to ideas for a home gym, Currys have endless tech to aid and enhance your wellbeing journey this year.



The Air Fryer

Air Fryers are a healthier way to cook because minimal oil is needed, helping cut down the calories and saturated fats. Try crisping up vegetables like leftover sprouts or courgette strips to have as a delicious and healthy side with non-soggy salmon, also done in your air fryer!

Currys stock a broad range of air fryers, most affordable of all being the Logik LAF2 (£29.99), whose 1.2 litre capacity is perfect for small kitchens and offers six preset functions and dishwasher-safe parts.



Kick-start your healthy habits for 2024 with all the best fitness tech - don't forget, with your Currys discount you pay less!

The Fitness Watch

Having a smartwatch on your wrist is the most efficient way to keep tabs on the stats that matter for your optimal health. Being able to track your progress keeps things interesting and you, motivated, enabling you to set and work towards goals.

The features of the FITBIT Charge 6 fitness tracker (£119.00) include:

- 40 different exercise 'modes' so you can track walks, swims and much more for calories burned, distance travelled, pace etc.
- Stress management scoring.
- With its in-built heart-rate monitor, your Fitbit will tell you how long you spend in 'fat-burn', 'cardio' and 'peak heart-rate' zones, helping you to maximise your work-out time.



The Juicer/Blender

Our bodies are best at absorbing nutrients first thing in the morning, so try replacing those coffees and pastries (difficult, we know!) with a delicious, vitamin-packed juice or smoothie, using the whole, raw fruit and vegetable.

The Sage Bluicer (£299.00) combines a powerful juicer with a versatile blender. The powerful blade can blend anything from vegetables to ice cubes; perfect for slushies, smoothies, milkshakes and more.

The Exercise Bike

You don't need much room to set up this New Image slim-cycle exercise bike (£199.00) transforming a spare bedroom or corner of your lounge into a home-gym.

Choose how much of a burn you want to feel with eight resistance levels. Combine with the built-in resistance bands to target the upper body too.

Stay motivated and track your speed, distance and more on the display. There's even an i-phone and tablet holder so you can sort your ultimate playlist as you work out, watch Netflix or even read your emails.



About your Savings platform

Your savings & discounts platform gives you access to a wide range of discounts and offers on hundreds of top brands and leading retailers across all main spend categories – supermarkets; eating out; department stores; days out and travel; digital & tech; house, garden & DIY; health & fitness and so much more. Don't miss out, take advantage and save all year round.

**Login to start
paying less and
saving more...
everyday**

Savings Edenred

www.edenred.uk.com