

Summer Savings, Summer Smiles



Win an Apple iPad 32GB

Follow us on Facebook or Twitter between 17th July and 16th October, to enter for the chance of winning a 32GB iPad! Simply [like our Facebook page](#) or [follow us on Twitter](#) to enter! Yes' it's that easy!



Register to Mutual Benefits & **win a Fitbit Alta HR**

Eligible members who **register for Mutual Benefits between 17th July and 16th October** will be entered into a monthly prize draw to win a Fitbit Alta HR activity tracker. To register simply visit: **members.britishfriendly.com/ sign-up**. For more information on eligibility requirements or terms and conditions please visit our website.



Reduce your weekly shopping bills!



Reduce your weekly shopping bills through our High Street Discount provider SVM! Better yet, there's **free standard delivery** on all orders between 17th July and 16th October!

Receive **£10 off your first Mindful Chef** recipe box



We are giving all Mutual Benefit members **£10 off their first order through Mindful Chef** (the UK's number 1 recipe box) - all recipes are healthy, fresh & gluten free! Login to Mutual Benefits and visit the Mutual Wellbeing Hub to access your discount code & link.