



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

West Hampstead Women's Centre Timetable 2020



WEST HAMPSTEAD WOMEN'S CENTRE

26-30 Cotleigh Road , London NW6 2NP | 020 7328 7389 |
info@whwc.org.uk | www.whwc.org.uk

MONDAY		
Intervention, Support and Advocacy Services Information, advocacy and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
Sewing and Clothes' making class Term time only	10am - 12pm	£10 / term
Osteopathy Holistic practice that involves diagnosing and managing musculoskeletal and other related conditions	10am - 12pm	1*
TUESDAY		
Intervention, Support and Advocacy Services Information, advocacy and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
Aromatherapy Massage By appointment for women over 50 who are Camden residents	10am - 1pm	3*
Gardening Project For women over 60 to learn to grow herbs, plants and vegetables	10am - 12:30pm	Free
Pilates All levels	1:30 - 2:30pm	2*
Herbalist Calendar Learn how to use herbs for health. Held only on the second Tuesday of each month.	2pm – 4pm Once a month	Free
WEDNESDAY		
Intervention, Support and Advocacy Services Information, advocacy and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
Iyengar Yoga class General level Beginners Women of all ages and abilities are welcome	10am - 11am 11:15am - 12pm	2*
Creative Crafts Class Term time	10am - 12pm	Free
Reflexology Holistic practice to relieve pain and rebalance the body	10am - 12:30pm	1*

WEDNESDAY		
Asian Women's Group and Health Calendar Discussions, seated exercise and Health Calendar session on the last Wednesday of each month	1pm - 4pm	Free
THURSDAY		
Intervention, Support and Advocacy Services Information, advocacy and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
Somali Women's Support Information, advocacy and support for Somali women who are Camden residents	10:30am - 4:30pm	Free
Irish Women's Support Group Open to all women of Irish descent and birth for support and advice	10am - 12pm	Free
Legs, Bums and Tums Exercise sessions for women over 60	6pm - 7pm	Free
FRIDAY		
Intervention, Support and Advocacy Services Information, advocacy and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
Aromatherapy Massage By appointment for women over 50 who are Camden residents	10am - 1pm	3*
Somali Women's Support Information, advocacy and support for Somali women who are Camden residents	10:30am - 4:30pm	Free
Sewing Class Term time	1pm - 3pm	£10 / term
Legs, Bums and Tums Exercise sessions for women of all ages	6pm - 7pm	Free

COST INFORMATION AND MEMBERSHIP

1* - prices/session: initial assessment £17, follow-up sessions £10

2* - prices/class: members £3

3* - prices/session: employed £45, low income or working <16 hrs/week £35, unwaged or receiving pensions £15 | Proof of earnings required for discounted rates

To use our services, you need to become a member | Membership is £10 for the first year and renewal is £7 per year for existing members

VOLUNTEERING

Please get in touch if you are interested in applying for our volunteering opportunities, or visit our website: www.whwc.org.uk to find other ways of keeping the centre thriving
Thank you for your valuable support!

WHERE TO FIND US



Buses: C11, 139, 328, 189

Tube: West Hampstead Tube Station (Jubilee)

Train: West Hampstead (London Overground)

Train: West Hampstead (Thameslink)

West Hampstead Women's Centre, 26-30 Cotleigh Road, NW6 2NP London

Tel: 020 7328 7389 **Email:** info@whwc.org.uk **Website:** www.whwc.org.uk