



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

The MBE for volunteer groups

WEST HAMPSTEAD WOMEN'S CENTRE

The only generic women's centre in Camden that offers a comprehensive range of activities and services to support all women 'under one roof'.

Discover the range of
services & activities we offer







www.whwc.org.uk

26-30 Cotleigh Road, West Hampstead, London, NW6 2NP

Tel: 020 7328 7389 / Email: info@whwc.org.uk

West Hampstead Women's Centre is a charity, registered Charity No. 1085824 and a company, registration No. 03919511, limited by guarantee, managed by a Board of Trustees/Directors.





Monday












	Intervention, Support and Advocacy Services For Camden residents only. Book an appointment.	10am-1pm 2pm-4pm	Free
	Sewing & Clothes Making Class Term time only.	10am-12pm	£10/ Term
	Osteopathy Treatments for back pain, neck and shoulder pain, sciatica, disc injury, sport injuries and many more.	10am-12pm	1*
	Yoga Class Open Level.	10am-11am	2*

Tuesday

	Intervention, Support and Advocacy Services For Camden residents only. Book an appointment.	10am-1pm 2pm-4pm	Free
	Aromatherapy Massage By appointment. Camden residents only. Over 50's.	10am-1pm	3*
	Gardening Project Learn how to grow plants and vegetables.	10am-12.30pm	Free
	Beauty Therapy Class Teaching a variety of beauty and massage therapies.	10am-12pm	Free
	Maths Class Discover ways to make calculations easier and learn how to manage your finances.	10am-12pm	Free

Wednesday

	Intervention, Support and Advocacy Services For Camden residents only. Book an appointment.	10am-1pm 2pm-4pm	Free
	Iyengar Yoga Class General Level: 10am - 11am Beginners: 11:15am - 12pm Women of all ages and abilities are welcome.	10am-11am 11.15am-12pm	2*
	Creative Crafts Class Be creative with varied crafts. Term time.	10am-12pm	Free
	Reflexology A holistic practice to relieve pain and help to rebalance the body.	10am-12.30pm	1*

	English Class	12.30-2.30pm	Free
	Asian Women's Group & Health Calendar Discussions and workshops. Doctor's session on the last Wednesday of each month.	1pm-4pm	Free
	Irish Writing All welcome, all levels	6.30-8.30pm	Free
Thursday			
	Intervention, Support and Advocacy Services For Camden residents only. Book an appointment.	10am-1pm 2pm-4pm	Free
	Somali Women's Group Information, advocacy and support for Somali women. For Camden residents only.	10.30am- 4.30pm	Free
	Irish Women's Support Group Open to all Irish women of birth and descent for support and advice.	10am-12pm	Free
	Legs, Bums & Tums Exercise for women over 60	6.00pm- 7.00pm	Free
Friday			
	Intervention, Support and Advocacy Services For Camden residents only. Book an appointment.	10am-1 pm 2pm- 4pm	Free
	Aromatherapy Massage By appointment. Camden residents only. Over 50's.	10am-1pm	3*
	Somali Women's Group Information, advocacy and support for Somali women. For Camden residents only.	10.30am- 4.30pm	Free
	Sewing & Clothes Making Class Term time only.	1pm-3pm	£10/ Term

COST INFORMATION:

1* Prices per session: Initial assessment £17, follow-up sessions £10

2* Prices per class: Members £3

3* Prices per session: Employed £45, Low income or working less than 16 hours per week £35, Unwaged or receiving pensions £15

Proof of earnings required for discounted rates.

MEMBERSHIP

To use our services you need to become a member.
Membership renewal from September 2018-August 2019
is £7 for existing members. £10 donation to become a new member.

VOLUNTEERING

We also have some **VOLUNTEERING OPPORTUNITIES**,
so please get in touch if you are interested.

Please help us to keep the Centre thriving
There are many ways to support the Centre, visit our Website:

www.whwc.org.uk

Thank you for your valuable support!

WHERE TO FIND US



26-30 Cotleigh Road
London NW6 2NP
Tel: 020 7328 7389
Email: info@whwc.org.uk

Buses: 16, 98, 139, 189, 328, C11
Tube: West Hampstead Tube Station
(Jubilee line)
Train: West Hampstead
(London Overground)
Train: West Hampstead (Thameslink)

