



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

*The MBE for volunteer groups*

# WEST HAMPSTEAD WOMEN'S CENTRE

## TIMETABLE

### 2023







[www.whwc.org.uk](http://www.whwc.org.uk)






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

Tel: 020 7328 7389 / Email: [info@whwc.org.uk](mailto:info@whwc.org.uk)


## Monday







	<b>Advice and Advocacy Service</b> By appointment for Camden residents of all ages	10am - 1pm	Free
	<b>Sewing and Clothes Making Class</b> Delivered in partnership with Camden Adult Community Learning during the term time	10am - 12pm	5*
	<b>Osteopathy</b> (by appointment) Treatments for back pain, neck and shoulder pain, sciatica, disc injury, sport injuries and many more	10am - 12:30pm	1*
	<b>Indian Head Massage</b> Effective treatment at relieving all different types of pains and re-energising your body	1:30pm - 3:30pm	4*

## Tuesday




	<b>Advice and Advocacy Service</b> By appointment for Camden residents of all ages	10am - 1pm	Free
	<b>Gardening</b> Learn how to grow plants and vegetables	10:30am - 1pm	Free
	<b>Pilates</b> Improve your fitness and well-being, core strength, flexibility and balance	11am - 12pm	2*
	<b>Acupressure Massage</b> By appointment for WHWC members aged over 50	11am - 1pm	3*
	<b>Creative Writing</b> Delivered in partnership with Camden Adult Community Learning during the term time	4pm - 6pm	5*

## Wednesday



	<b>Advice and Advocacy Service</b> By appointment for Camden residents of all ages	10am - 1pm	Free
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	<b>Iyengar Yoga Class with Kristyan</b> Women of all ages and abilities are welcome	10am - 11am	2* ZOOM
	<b>Reflexology</b> (by appointment) A holistic practice to relieve pain and help to rebalance the body	10am - 12:30pm	1*
	<b>Vinyasa Yoga Class with Nadine</b> Women of all ages and abilities are welcome	10am - 11am	2*
	<b>Crafts Class</b> Delivered in partnership with Camden Adult Community Learning during the term time	10am - 12:30pm	5*
	<b>Podiatry</b> (by appointment only) NHS Service for patients of Camden GP practices and WHWC's members. Women only	10am - 2:30pm	Free
	<b>Asian Women's Group and Health Calendar</b> Discussions and workshops. Health talks monthly on the last calendar Wednesday	1pm - 3pm	Free

## Thursday

	<b>Advice and Advocacy Service</b> By appointment for Camden residents of all ages	10am - 1pm	Free
	<b>Irish Women's Support Group</b> Open to all Irish women of birth and descent for social support	10:30am - 12:30pm	Free
	<b>Legs, Bums and Tums</b> Exercise classes for women 60+	6pm - 7pm	Free

## Friday

	<b>Aromatherapy Massage</b> (by appointment) Camden residents who are WHWC's members aged over 50	10am - 12pm	3*
	<b>Sewing and Clothes Making Class</b> Delivered in partnership with Camden Adult Community Learning during the term time	1pm - 3pm	5*

## COST INFORMATION

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

2\* Prices per class: Members £3

3\* Prices per session: Employed £60, low income or working less than 16 hours per week £35, unwaged or receiving pensions £20 | Proof of earnings, benefits and pension will be required

4\* Price per session: £10

5\* Subject to Camden Adult Community Learning Terms and Conditions

## MEMBERSHIP

Annual membership is £12

Membership renewal is £8 for existing members

Annual subscription runs from 1<sup>st</sup> September to 31<sup>st</sup> August the following year

## VOLUNTEERING

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

## HOW TO JOIN A CLASS

**Please contact reception if you would like to join a class, as classes often have a waiting list**

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

[www.whwc.org.uk](http://www.whwc.org.uk)



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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)