

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* 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 1st September to 31st 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

West Hampstead Women's Centre

Timetable



www.whwc.org.uk

020 7328 7389

Email: info@whwc.org.uk

26-30 Cotleigh Road, London NW6 2NP

2025

Monday	Service	Further information	Cost
10am - 1pm	Advice and Advocacy Service	By appointment for Camden residents	Free
10am - 12pm	Sewing and Clothes Making Class with Prabhat	Delivered in partnership with Camden Adult Community Learning during the term time	4*
10am -12:30pm	Osteopathy with Laura or Nassim	By appointment. Treatments for back pain, neck and shoulder pain, sciatica, disc injury etc	1*
1pm - 3pm	Introduction to Podcasting Stage 1	Delivered in partnership with Camden Adult Community Learning during the term time	4*
Tuesday	Service	Further information	Cost
10am - 1pm	Advice and Advocacy Service	By appointment for Camden residents	Free
10am - 12pm	Herbal Wellness Calendar with Emily and Rachel	Monthly talks and workshops on first calendar Tuesday	Free
11am - 12pm	Pilates with Naomi	Improve your fitness and well-being, core strength, flexibility and balance	2*
12:05pm - 1pm	Pilates with Kam	Improve your fitness and well-being, core strength, flexibility and balance	2*
4pm - 6pm	Creative Writing with Bryony	Delivered in partnership with Camden Adult Community Learning during the term time	4*
Wednesday	Service	Further information	Cost
10am - 1pm	Advice and Advocacy Service	By appointment for Camden residents	Free
10am - 11am	Iyengar Yoga Class with Kristyan	On ZOOM. Women of all ages and abilities are welcome	2*
10am - 12:30pm	Reflexology with Sandrine	By appointment. A holistic practice to relieve pain and help rebalance the body	1*
10am - 11am	Vinyasa Yoga Class with Nadine	Women of all ages and abilities are welcome	2*
11:05am - 12pm	Vinyasa Yoga Class for Beginners with Nadine	Women of all ages and abilities are welcome	2*
10:00am - 12:30pm	Stitch Club with Beverley	Delivered in partnership with Camden Adult Community Learning during the term time	4*
10am - 2:30pm	Podiatry	By appointment NHS Service for patients of Camden GP practices and WHWC's members	Free
1pm - 3pm	Asian Women's Group and Health Calendar	Discussions and workshops. Health talks monthly on the last calendar Wednesday	Free
Thursday	Service	Further information	Cost
10am - 1pm	Advice and Advocacy Service	By appointment for Camden residents	Free
10:30am - 12:30pm	Irish Women's Support Group	Open to all Irish women of birth and descent for social support	Free
6pm - 7pm	Legs, Bums and Tums with Sharon	Exercise classes for women 60+	Free
Friday	Service	Further information	Cost
1pm - 3pm	Sewing and Clothes Making Class with Prabhat	Delivered in partnership with Camden Adult Community Learning during the term time	4*
2pm - 3:30pm	Alexander Technique with Jen	By appointment. Help improve posture and movement through mindful awareness	1*