



Join

Feeling tired and blue? Stressed by the demands of family, caring and work responsibilities? Have back pain or sports injury? Want better information and support for your health and wellbeing?

W+H may be able to help you.

Women + Health
4 Carol Street
Camden
London
NW1 0HU

Email: connect@women-and-health.org
website: www.womenandhealth.org.uk
Telephone: 020 7482 2786

Being a member of Women and Health is FREE

CAM Service

Our standard rate for a CAM treatment is £45.

Limited concessions may be available from £26. Please discuss with your practitioner.

Or you could book a session with a freshly qualified volunteer practitioner at £20.

Counselling and Psychotherapy Service

W+H offers counseling and psychotherapy services for women who live in Camden. There are two programs:

Short term counselling of up to 10 free sessions.

Longer term counselling at affordable rates of £20-£30.

If you would like to access this service you will be invited to an assessment meeting at W+H to discuss the most effective service to meet your needs.

And

You might like to enquire about our free GP advisory service, yoga classes or our crèche

Working with and for the women of Camden to improve their health and wellbeing and to take greater control of their lives.

Providing health and wellbeing services for women and their families in Camden since 1986. Registered charity number:
29626

If you would like to be kept up to date about our services and offers please complete this form.

Name: _____

Address: _____

Postcode: _____

Phone: (H) _____

(W) _____

(M) _____

E-mail address (for Newsletter and Information purposes): _____

Are you a returning member Yes / No

How did you hear about our service? _____

Signed: _____

Date: _____

Please complete the information below. *This information helps us ensure that our services are relevant to all the women of Camden!*

Age (Circle appropriate)

-20 20-24 25-34 35-44 45-54 55-64 65-74 75-84 84+

Ethnic Background

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Asian Bangladeshi | <input type="checkbox"/> Black African | <input type="checkbox"/> Chinese | <input type="checkbox"/> White British |
| <input type="checkbox"/> Asian British | <input type="checkbox"/> Black British | <input type="checkbox"/> Latin American | <input type="checkbox"/> White Irish |
| <input type="checkbox"/> Asian Indian | <input type="checkbox"/> Black Caribbean | <input type="checkbox"/> Middle Eastern | <input type="checkbox"/> Irish Traveller |
| <input type="checkbox"/> White other | <input type="checkbox"/> Asian other | <input type="checkbox"/> Black other | <input type="checkbox"/> Arab |
| <input type="checkbox"/> Mixed Ethnicity | <input type="checkbox"/> Prefer not to say | | |
| <input type="checkbox"/> Other (please specify)..... | | | |

Disability

Yes No

Blind or visual impairment Learning difficulty Mobility
 Mental Health Deaf or hearing impairment Prefer not to say

Other (please specify)

Sexual orientation

Heterosexual Lesbian/bisexual Prefer not to say

Religion

None Christian Buddhist Hindu
 Jewish Muslim Sikh other
 Prefer not to say