

POGP Booklets supplied by Ralph Allen Press - Price List & Order Form

| Title (sold in multiples of 10) | | Price per 10 booklets | Quantity | Cost |
|---|--------------------|-----------------------|----------------|------|
| Pregnancy-Related Pelvic Girdle Pain (Mothers) | Revised 2021 | £4.90 | | |
| Fit For Pregnancy | Revised 2021 | £1.80 | | |
| Fit for Birth | Revised 2021 | £1.80 | | |
| Fit for the Future | Revised 2021 | £2.40 | | |
| Exercise and Advice after the loss of your baby | Revised 2022 | £2.90 | | |
| Pilates in Women's Health | Revised 2022 | £2.90 | | |
| Pelvic Floor Muscle Exercises for Women | Revised 2021 | £2.90 | | |
| Pelvic Floor Muscle Exercises for Men | Revised 2021 | £2.90 | | |
| Promoting Continence with Physiotherapy | Revised 2019 | £2.10 | | |
| The Mitchell Method of Physiological Relaxation | Revised 2021 | £2.10 | | |
| Fit Following Surgery | Revised 2022 | £2.10 | | |
| Pelvic Organ Prolapse | Revised 2020 | £4.40 | | |
| Improving Your Bowel Function | Revised 2021 | £1.40 | | |
| Introductory Pack (1 each of the above booklets - price includes delivery) | Price per pack | £9.50 | | |
| | | | Totals: | |

For Mainland UK Only:

Add delivery charge as follows:

| | | |
|--|----------------------------|-------|
| Aquanatal Guidelines/Introductory Pack | No additional charge | |
| Total of 10 booklets | | £4.40 |
| Total of 20 booklets | | £5.40 |
| Total of 30 booklets | | £6.50 |
| Total of 40 booklets | | £7.60 |
| Total of 50 or more booklets | | £9.00 |

Add the delivery charge to the total cost of booklets

Total to Pay (£ Sterling):

For Offshore U.K. (inc Northern Ireland) & the Irish Republic:

Please phone Ralph Allen Press for delivery charge. Tel: 0044 (0)1225 461888

PLEASE COMPLETE DETAILS BELOW

| | | | |
|------------------|---------------|---------------------|--|
| Invoice address: | | Delivery address: | |
| Post Code: | | Post Code: | |
| Contact Name: | Telephone No. | Order No. (if used) | |

Payment: Please make cheques payable to Ralph Allen Press Ltd or for debit/credit card payment, please phone your order on 01225 461888 (Monday to Friday 9am to 5pm). Please note your entire order is VAT zero rated. Prices effective from 1st July 2022.

Hospital Trusts Only: if an official order is supplied, no advance payment is necessary for orders over 50 booklets.

Please post your completed order with payment to:
Ralph Allen Press Ltd, Unit 1 Locksbrook Court, 88 - 89 Locksbrook Road, Bath BA1 3EN