

# 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)	TBR 2024	£4.90		
Fit For Pregnancy	TBR 2025	£1.80		
Fit for Birth	TBR 2027	£1.80		
Fit for the Future Essential advice and exercises following childbirth	TBR 2024	£2.40		
Exercise and Advice after the loss of your baby	TBR 2025	£2.90		
Pilates in Women's Health	TBR 2025	£2.90		
Pelvic Floor Muscle Exercises for Women	TBR 2024	£2.90		
Pelvic Floor Muscle Exercises for Men	TBR 2025	£2.90		
Promoting Continence with Physiotherapy	TBR 2021	£2.10		
The Mitchell Method of Physiological Relaxation	TBR 2024	£2.10		
Fit Following Surgery	TBR 2025	£2.10		
Pelvic Organ Prolapse	TBR 2026	£4.40		
Improving Your Bowel Function	TBR 2024	£1.40		
Management of Urinary Frequency, Urgency and Urge Incontinence	TBR 2027	£2.90		
<b>Introductory Pack</b> (1 each of the above booklets - price includes delivery)		Price per pack £10.50		
			<b>Totals:</b>	

## 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